

express

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | MAY 27, 2008 | >> **FREE** <<

Tuesday



An artist's rendering of the Phoenix Mars Lander.

Seeing Red: Mars Lander readies for digging mission | **3**

Next Stop, Metro: As gas prices jump, ridership soars | **10**

Extra Painful: Fielder leads the Brewers past the Nats in 11 | **12**



ENTERTAINMENT

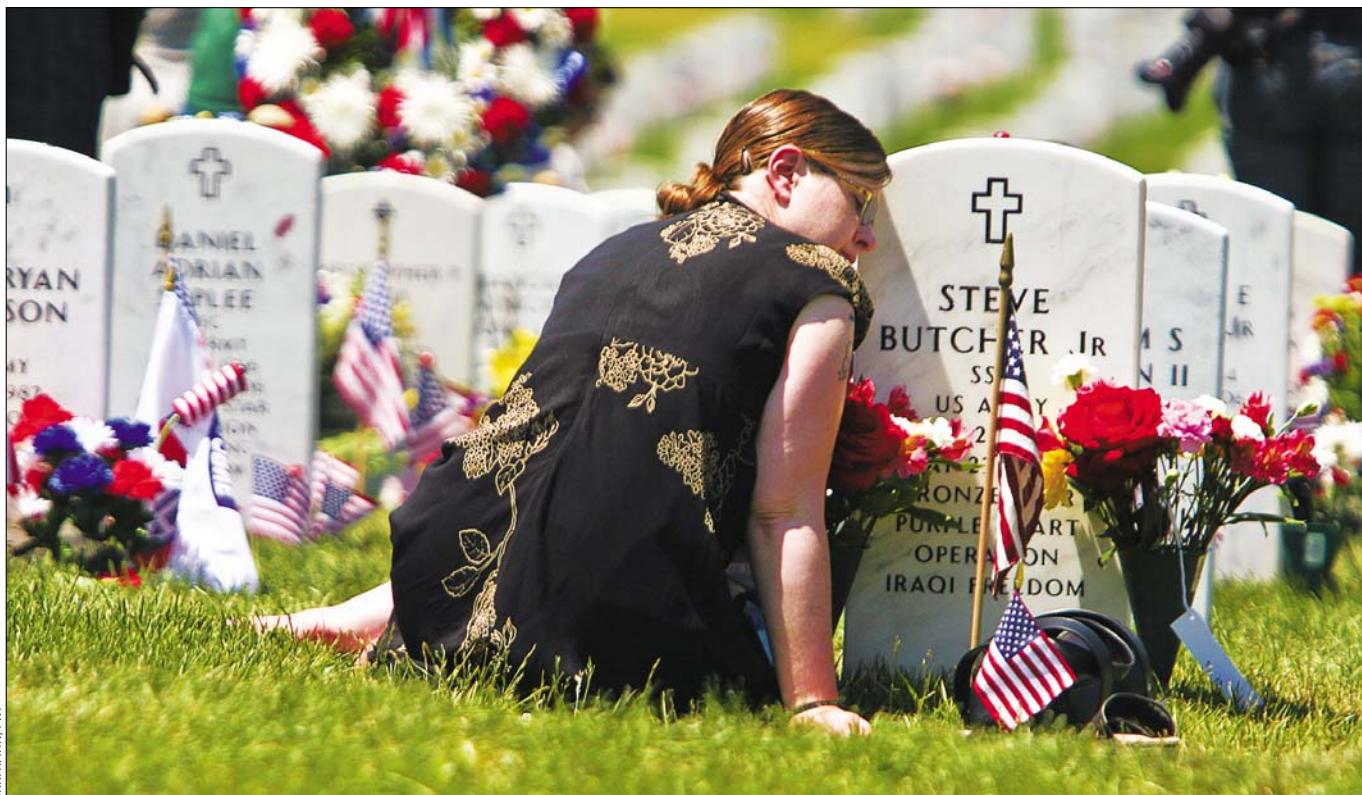
New Seat:

Screenwriter *Charlie Kaufman* takes a turn in the director's chair. Plus, the upside of Radiohead.

>> **16-21**



Nation Mourns Lost Troops on Memorial Day



LOVING MEMORY: Denise Hlavaty of St. Paul, Minn., leans her head against the headstone of her fallen boyfriend, U.S. Army Staff Sgt. Steve Butcher Jr., following a Memorial Day ceremony at Arlington National Cemetery on Monday. President Bush praised U.S. troops serving overseas for their courage.

'Colorblind' Adoption Panned

Study: Black children ill-served by transracial adoption law

NEW YORK | Several leading child welfare groups Tuesday urged an overhaul of federal laws dealing with transracial adoption, arguing that black children in foster care are ill-served by a "colorblind" approach meant to encourage their adoption by white families.

Recommendations for major changes in the policy were outlined in a report by the Evan B. Donaldson Adoption Institute.

At issue is the 1994 Multi-Ethnic

Placement Act, governing the adoption of children from foster care. One part of the law directs state agencies to recruit more adoptive parents of the same race as the children. The new report says this provision hasn't been adequately enforced and calls for better funded efforts to recruit minority parents.

"Color consciousness — not 'color blindness' — should help to shape policy development," the report said, urging the amending

of the law so race could be considered as a factor in selecting parents for children from foster care. The change also would allow race-oriented pre-adoption training.

At the heart of the debate is that the foster care system has a disproportionately high number of black children, and on average they languish there nine months longer than white children before finding homes. The latest federal figures showed 32 percent of the 510,000 children in foster care were black in 2006. (AP)



WERE HILLARY CLINTON'S REMARKS ABOUT RFK'S ASSASSINATION TAKEN OUT OF CONTEXT? **A YES** **B NO**

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TUESDAY
84° 58'



WEDNESDAY
70° 53'



THURSDAY
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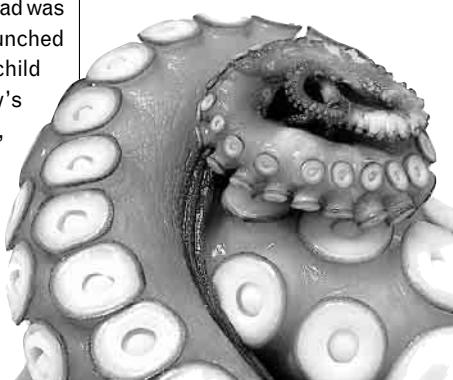
TODAY: Partly sunny and humid; p.m. thunderstorms are possible | **30**

eyeOpeners

LESSONS

Why You Must Never Make Jokes on eBay

Authorities in Germany said Saturday they have taken custody of a 7-month-old boy after his parents posted an ad on eBay offering to sell him for one euro, the equivalent of \$1.57. Peter Hieber, a spokesman for police in Krumbach, said the baby was placed in the care of youth services, although the child's 23-year-old mother insisted the ad was only a joke. Authorities have launched an investigation into possible child trafficking against the baby's mother and 24-year-old father, neither of whom was identified. "Offering my nearly new baby for sale, as it has gotten too loud. It is a male baby, nearly 28 inches long and can be used either in a baby carrier or a stroller," police quoted the ad as reading. (AP)



SEA LIFE

Marinara Needed

Fishermen have hauled up a 20-foot-long giant squid off Australia's southeastern coast. The 500-pound squid was already dead when it was caught in a trawler's nets Sunday night in waters more than 1,640 feet deep. It took 10 men to lift the squid onto a stretcher and place it in a storage freezer. (AP)



PETS

Economy Hinges On Cat

Money-losing Japanese train company Kishikawa has found the perfect mascot to draw crowds and bring back business — tabby Tama. All the 9-year-old female cat does is sit by the entrance of Kishi Station in western Japan, wearing a black uniform cap and posing for photos for the tourists who are now flocking there in droves from across the nation. (AP)

SPORTS

Man's Kickball Even More Pretentious

A man who was carrying a rusted pirate-style sword through Macy's

flagship store in Manhattan is facing charges of criminal possession of a weapon. Police say 29-year-old Lawrence Jackson was brandishing the curved sword while visiting Macy's Herald Square store Sunday with his

girlfriend. He told police he was carrying the sword because he is a member of a kickball team whose players often wear pirate-theme costumes. He maintains he was on his way to a game when he was arrested. (AP)

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"It is a solemn reminder of the cost of freedom that the number of headstones in a place such as this grows with every new Memorial Day."

—President Bush, paying tribute to America's fallen troops Monday at Arlington National Cemetery

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM

G.I. BILL

McCain vs. Webb

Sen. John McCain asserted Monday that the G.I. Bill sponsored by Sen. James Webb, D-Va., would drive soldiers out of the armed services at a time when the country is trying to expand the size of the military.

Speaking at a Memorial Day ceremony in Albuquerque, N.M., McCain praised

Webb as "an honorable man who takes his responsibility to veterans very seriously." And he said the bill, which would increase benefits for veterans after serving one tour,

is a way of offering the nation's "deep appreciation" to veterans.

But McCain insisted he takes "a back-seat to no one in my affection, respect and devotion to veterans." And he predicted that Webb's bill would reduce the military's retention rate 16 percent.

"Encouraging people to choose to not become noncommissioned officers would hurt the military and our country very badly," he said.

McCain spoke in New Mexico on the same day his likely opponent, Sen. Barack Obama, also traveled to this crucial swing state to pay homage to the nation's war fighters. MICHAEL D. SHEAR

washingtonpost.com

For extended analysis and up-to-the-minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail



McCain

Phoenix to Burrow for Ice on Mars

NASA spacecraft landed safely Sunday on the Red Planet

PASADENA, CALIF. | NASA's Phoenix Mars Lander spent its first full day in the Martian arctic plains checking its instruments in preparation for an ambitious digging mission to study whether the site could have once been habitable.

Sol 1, as the days are known on Mars, was a busy time for the three-legged lander, which set down Sunday in relatively flat terrain cut by



This handout shows a portion of the Phoenix craft after it landed on Mars.

polygon-shaped fissures. The geometric cracks are likely caused by the repeated freezing and thawing of buried ice.

"We've only looked at one tiny little slit" of the landing site, principal investigator Peter Smith of the University of Arizona, Tucson, said Monday.

The earliest engineers would move Phoenix's 8-foot-long arm is Tuesday, but it'll be another week before the lander takes the first scoop of soil.

After the initial taste test, Phoenix will spend the rest of the mis-

sion clawing through layers of soil to reach ice that is believed to be buried inches to a foot below the surface.

Mission co-scientist Ray Arvidson of Washington University in St. Louis is pleased with Phoenix's progress so far.

"Like a union worker, it went right to work," he said.

Scientists were especially interested in how the polygon patterns in the ground formed at Phoenix's landing site. The fractures look similar to those found on Earth's polar regions. ALICIA CHANG (AP)

NEW YORK | BRITISH INVASION



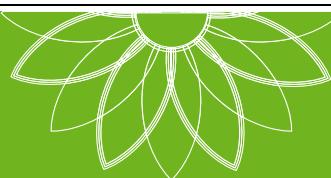
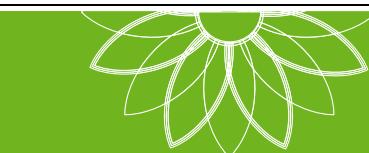
MICHAEL NAGLE/GETTY IMAGES

CONNECTED: New Yorkers peer through a "telecroscope" displaying a live video feed from London Monday at Fulton Ferry Park beneath Brooklyn Bridge. The other end of the "telecroscope" is located in London on the south side of the Thames River. The device allows Londoners to view images of New Yorkers at the same time New Yorkers view them.

Wake Forest Drops SAT, ACT As Requirement

RALEIGH, N.C. | Wake Forest University will no longer require applicants to take the SAT and ACT exams, boosting a movement to lessen the importance of standardized tests in college admissions.

The school is the latest in a string of colleges that no longer require standardized tests. Officials argue the scores are not the best predictor of academic potential. Most other colleges that have dropped standardized testing have not been highly selective of applicants. Wake Forest said it was the first of the top 30 schools in the annual U.S. News & World Report college rankings to drop the tests. (AP)



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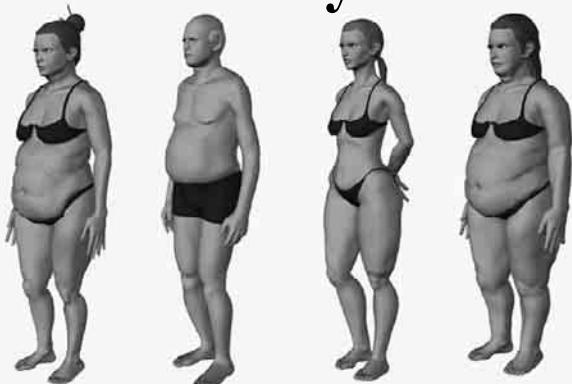
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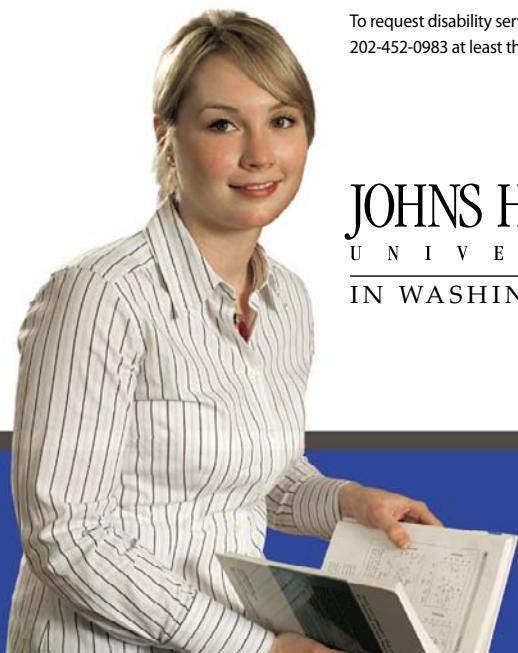
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The amount, in billions of dollars, a real estate group has agreed to pay in cash for four Manhattan office towers, including the General Motors building on Fifth Avenue.



An American flag sits atop the scattered remains of a convenience store in Parkersburg, Iowa, that was leveled by a tornado.

Twister Levels Iowa Town

Small community devastated by storm that killed 6 people

PARKERSBURG, IOWA | Half of this small town lay in ruins or was heavily damaged Monday following a deadly tornado that ripped apart a stretch of northern Iowa.

The Sunday afternoon twister killed six people in Iowa, four of them in Parkersburg and two others in nearby New Hartford. In neighboring Minnesota, a child was killed by violent weather.

"You really are overwhelmed when you see it," Iowa Gov. Chet Culver, a Democrat, said at a news conference Monday after touring

“There’s so much hurt here, I just don’t know where to start.”

SEN. CHUCK GRASSLEY, R-IOWA

the Parkersburg area. "You can't imagine this kind of devastation, homes completely gone."

Rescuers continued picking through the wreckage in search of possible victims, but officials said they were hopeful that no one else remained to be found.

Officials counted 222 homes

destroyed, 21 businesses destroyed and more than 400 homes damaged. Among the buildings destroyed were city hall, the high school and the town's sole grocery store and gas station.

That's about half of the homes in Parkersburg destroyed or severely damaged, said Butler County Sheriff Jason Johnson.

"There's so much hurt here, I don't know where to start," said U.S. Sen. Chuck Grassley, R-Iowa.

About 100 people have been killed by twisters so far this year, the worst toll in a decade, according to the weather service. Tornado season typically peaks in the spring and early summer and then again in the late fall. JAMES BELTRAN (AP)

HEARSAY | SERVICE

"We may disagree as Americans on certain issues ..., but I believe we can be unified in service to a greater good."

—SEN. BARACK OBAMA, IN A COMMENCEMENT ADDRESS GIVEN SUNDAY TO GRADUATES OF WESLEYAN UNIVERSITY. OBAMA FILLED IN FOR SEN. EDWARD KENNEDY.

Family Found Dead in Calif. Home

SAN CLEMENTE, CALIF. | Authorities said Monday they found two handguns with the decomposed bodies of five family members discovered in a home overlooking the ocean in a wealthy, gated Orange County community.

It was unclear how the family died and neither homicide nor suicide could immediately be ruled out, said sheriff's Lt. Erin Giudice.

The handguns were found near the bodies of a man and woman in their 40s or 50s who were discovered Sunday in a closet, Giudice said. The bodies of a woman in her 70s and two sisters in their early 20s were found in a bedroom, she said.

The coroner started autopsies Monday morning but Giudice said the procedures wouldn't be completed until Tuesday. (AP)

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The U.S. Congress has budgeted billions of dollars in Federal Grants-In-Aid for this year, and more money is available today than ever before. There are more than 30 federal agencies that distribute this money through 15,000+ programs at the federal, state and local level. This is opportunity money designed to stimulate the economy and empower people to help themselves.

According to Tomas Bilbao, Former Deputy Director of Operations for the Department of Housing & Urban Development (HUD), "...these government grants allow people to go from being renters to homeowners, from being employees to employers. Thousands of people take advantage of these grants every year. The money is there and it's available."

So, are you ready to learn what it takes to be eligible for this money? Are you willing to learn how to give the government what it wants in order to qualify and get what you want?

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Local Introductory Conferences will be sponsored by National Grants Conferences (NGC) this coming week in your area. NGC maintains a terrific team of over 150 employees, instructors and trainers to serve your needs.

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— Melanie Sablehaus
Former SBA Deputy Administrator

making plans to attend a Conference near you (see below). Admission is free, seating is limited and reservations are required.

Buy Your First Home

The hottest news in almost every small and large city in the country is that there is a ton of money now available through many programs that provide grants and subsidized loans to help families buy their first home. If you qualify, you can use this money for a down payment to buy your first home, up to \$50,000 in some areas.

At the same time you might be able to apply for a free money grant to fix up your purchase and follow it up with a government subsidized mortgage to make your monthly payments truly affordable.

According to Oscar Anderson, former Deputy Chief of Staff for HUD and co-author of the nation's most successful initiative to promote homeownership, "the American Dream Down Payment Program has put tens of thousands of people in homes with no money down – fully funded by the government. National Grants makes the money very real and accessible."

Invest In Real Estate

For the real estate investors, the government

has money to revitalize the communities in big cities and rural communities. Redevelopment areas historically have the greatest rate of appreciation. So, if you truly want a great chance of becoming wealthy, invest in redevelopment areas. You can make more money when the markets are bad or moving sideways than in up real estate markets because that's when you can buy bargain properties.

In some markets real estate prices are going down and foreclosures are at an all-time record high. The government has programs allowing you to take advantage of these opportunities as well.

Start Or Expand Your Own Business

Nike, Fed Ex, Intel, Ben & Jerry's, Quixos, Jenny Craig and Columbia Sportswear (to name just a few!) all started with government subsidized loans from the SBA (Small Business Administration). The SBA has been told to get the billions allocated this year for business development pumped back into the economy.

The result? Funding programs for business start-up and expansion are at an all-time high. Billions of dollars have been distributed to eligible individuals through programs offering astonishingly favorable low-interest loan terms, as well as lucrative government subsidies (e.g., equipment & training grants) and government contracting opportunities, with mandatory set-asides for groups and areas specifically targeted for growth. And the best part? More money is available now than ever before! But knowing how to access these dollars is the key.

"It's tough to navigate through the federal government," says former SBA Deputy Administrator, Melanie Sablehaus. "NGC can open doors for you; they can help you think big and bold and show you how to do business with the U.S. Government. All you have to do is find your way to a local conference so you can understand what to do and how to get it done."

Table 421. Federal Grants-in-Aid to State and Local Governments: 1990 to 2006

(\$135,325 represents \$135,325,000,000 except as indicated.) For fiscal year ending in year shown.

Year	Current Dollars			
	Total Grants (million dollars)	Annual Percent Change 1	Grants to Individuals Total (million dollars)	Percent of total grants
1990	135,325	11.0	77,264	57.1
1991	154,519	14.2	92,865	60.1
1992	178,065	15.2	112,522	63.2
1993	193,612	8.7	124,155	64.1
1994	210,596	8.8	134,153	63.7
1995	224,991	6.8	144,427	64.2
1996	227,811	1.3	146,493	64.3
1997	234,160	2.8	148,236	63.3
1998	246,128	5.1	160,305	65.1
1999	267,081	8.5	172,384	64.5
2000	284,659	6.6	182,592	64.1
2001	317,211	11.4	203,920	64.3
2002	351,550	10.8	227,373	64.7
2003	387,366	10.2	246,570	63.7
2004	406,330	4.9	267,177	64.5
2005	426,243	4.9	273,464	64.2
2006, estimate	449,277	5.4	287,634	64.0

FOOTNOTE: 1/Average annual percent change from prior year shown. For explanation, see Guide to Tables.

Funding for 1990, average from 1989.

A large percentage of this money goes to Medicare and Medicaid programs.

Source: U.S. Office of Management and Budget, *Budget of the United States Government, Annual*, <http://www.whitehouse.gov/omb/budget/fy2007/pdf/fy07.pdf>.

INTERNET LINK: <http://www.whitehouse.gov/omb/budget>

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6 | EXPRESS | 05.27.2008 | TUESDAY

Nation



Lenora Clark picks up groceries at the Emergency Food Bank in Stockton, Calif. The nation's economic problems are sending more Americans to food pantries.

Food Banks See Unfamiliar Faces

Many middle-class Americans are turning to pantries for help

STOCKTON, CALIF. | Jackie Hoffman sifted through a laundry bin filled with aging bread, choosing a loaf of white.

Like nearly a third of the first 50 customers to arrive at the Emergency Food Bank of Stockton that morning, Hoffman was new to the pantry. But since she lost her sales job at a newspaper in December, she has not found work in Stockton, which has the highest foreclosure rate in the country.

"I'm down on my luck, and food is going through the roof. I need help," Hoffman said.

Hoffman, 55, is one of a growing number of "nontraditional" food pantry clients across the country. They include formerly independent senior citizens, people who own houses and people who used to call themselves "middle-class" — people not used to fretting over the price of milk.

"We're getting calls all the time from people who want to know how to get here," said Kristine Gibson, community outreach manager at the

HUNGER PAINS

In informal surveys, Second Harvest has found a number of food banks in crisis mode:

→ In Albuquerque, N.M., the Roadrunner Food Bank reported pantries are turning people away.

→ In Baton Rouge, La., public schools reported students hoarding their free and reduced-price lunches so they could take them home.

→ The Emergency Food Bank of Stockton, Calif., said customers have been lining up several hours before the doors open at 10 a.m.

Stockton pantry. "And when I ask where they live, they give an address of a nice neighborhood, one where you or I would want to live."

To meet growing demand, America's Second Harvest pressed lawmakers for the past year to increase the annual level of funding for the Emergency Food Assistance Program, from \$140 million to \$250 million annually.

The money was included in the Farm Bill recently approved by Congress but won't be available until the next fiscal year, which starts in October. EVELYN NIEVES (AP)

33,333

The amount, in dollars, awarded to a Brown University professor as part of a prestigious Israeli mathematics prize. The professor, David Mumford, said he would donate his portion of the prize to advance the education of Palestinians.

World

Iran May Be Withholding Nuke Data

Report suggests Iran still won't give critical information to IAEA

VIENNA, AUSTRIA | Iran may be withholding information needed to establish whether it tried to make nuclear arms, the International Atomic Energy said Monday in a strongly worded report.

The tone of the language suggesting that Tehran continues to stonewall the agency — the U.N. nuclear monitor — revealed a glimpse of the frustration felt by

IAEA investigators stymied in their attempts to gain answers to aspects of Iran's past nuclear activities.

Iran has described its cooperation with the IAEA probe of its alleged nuclear weapons experiments as positive, suggesting it was providing information requested by agency officials. Indirectly disagreeing, the agency also said that Iran continued to deny such activities, dismissing evidence to the contrary submitted for its perusal as misleading or false.

The findings were part of a restricted agency report forward-

LONGSTANDING DISPUTE

→ Iran already rejected evidence provided by the U.S. and other IAEA board members on alleged weapons programs in February, but then promised to revisit the issue ahead of the agency's next board meeting in a week.
→ Its nuclear programs have been under investigation by IAEA since 2003, after a dissident group revealed the existence of a clandestine enrichment program. (AP)

ed to the U.N. Security Council and to the 35 board members of the International Atomic Energy Agency that was obtained by The Associated Press.

The nine-page report also noted that Tehran remains defiant of U.N. Security Council demands to stop uranium enrichment.

Shrugging off three sets of council sanctions, it had instead expanded its operational centrifuges — machines that make enriched uranium — by about 500 since the last IAEA report in February, said the report. GEORGE JAHN (AP)

U.N.: Drone Shot Down By Russia

Russians deny any role in incident in separatist Georgian territory

MOSCOW | A Russian fighter jet shot down an unmanned Georgian spy plane over the separatist Abkhazia region last month, U.N. observers said Monday in a report likely to bolster U.S.-allied Georgia's claim the Kremlin is undermining its territorial integrity.

In recent months, the government of Georgian President Mikhail Saakashvili has used drones to monitor Abkhazia and the peacekeeping force that Russia has reinforced there. Russian officials denied again on Monday that they had anything to do with the aircraft being shot down.

Saakashvili's efforts to move the former Soviet republic from under Russia's shadow and into NATO and the European Union have angered Moscow, which is supporting leaders in Abkhazia and another Georgian breakaway area.

The West's interest in the dispute is strong because Georgia sits at the crossroads for Central Asian and Caspian Sea oil and natural gas headed to Western markets.

MIKE ECKEL (AP)



Hezbollah supporters wave Hezbollah and Lebanese flags as they listen to a speech by Sheik Hassan Nasrallah in Beirut.



Medical workers bring a survivor of a train bombing to a Sri Lanka hospital.

COLOMBO, SRI LANKA

Bombing on Packed Train Kills 8 People, Injures 70

A bomb ripped through part of a packed passenger train Monday, killing eight people and wounding 70 others near the Sri Lankan capital. Military spokesman Brig. Udaya Nanayakkara blamed Tamil Tiger rebels for the bombing near the railroad station in Dehiwala, about six miles south of Colombo. Rebel spokesman Rasiah Ilanthirayan did not respond to calls seeking comment. (AP)

JOHANNESBURG, SOUTH AFRICA

Official: Anti-Immigrant Violence Is Under Control

A wave of violence against immigrants that left 56 people dead and forced 30,000 from their homes has subsided, South Africa's safety and security minister said Monday. Police reported isolated incidents of looting and shacks being set ablaze over the weekend, but Safety and Security Minister Charles Ngakula said that anti-immigrant attacks have slowed. "The situation is under control," Ngakula told reporters. (AP)

Hezbollah Warns Lebanon President

Guerilla chief cautions new leader against disarming the militia

BEIRUT, LEBANON | Hezbollah leader Sheik Hassan Nasrallah warned Lebanon's government Monday not to use force against the Shiite Muslim militant group in a stern warning against any attempt by the new president to disarm the militia.

President Michel Suleiman said

in his inauguration speech Sunday that there needs to be a dialogue over the future of Hezbollah's arsenal. The guerrilla group has rejected demands that it disarm and has insisted its weapons are needed to protect Lebanon against Israel.

Nasrallah's speech was his first since Hezbollah fighters seized several areas of Beirut earlier in the month, forcing the government to agree to a deal that strengthened the group's role in the government. He

pledged to comply with an article in the deal that forbids the use of arms to achieve political gains.

But addressing tens of thousands in Beirut, Nasrallah stressed that the state's weapons should not be used against Hezbollah.

"The resistance weapons should not be used to achieve political gains," he said in a videolink speech to the crowds. He has been in hiding, fearing Israeli assassination.

HUSSEIN DAKROUB (AP)

KOBE, JAPAN

2020 Emissions Targets Elude Group of Eight Leaders

Under pressure to boost talks on a new global warming pact, Group of Eight environment ministers on Monday endorsed slashing greenhouse gas emissions in half by mid-century, but failed to agree on much more contentious near-term targets. The three-day meeting in Kobe was dominated by calls from the U.N., European countries and developing nations to set targets for cutting emissions by 2020. (AP)

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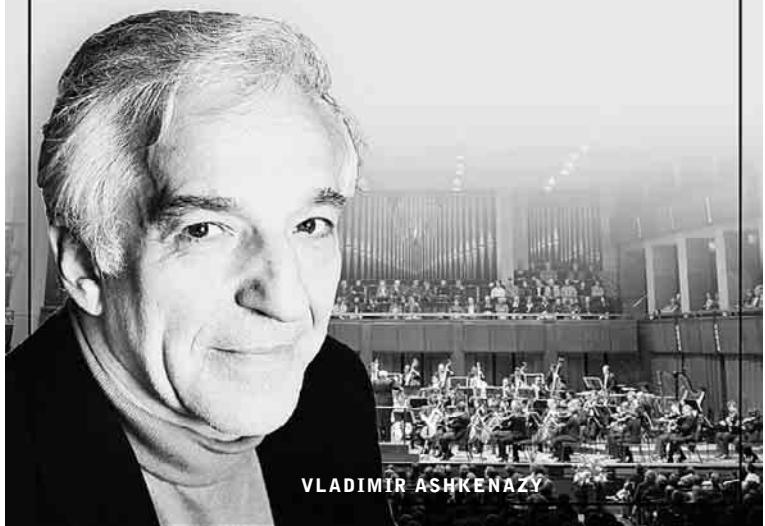
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VLADIMIR ASHKENAZY

World



LOVELY FIND: Archaeologists from Egypt and the Dominican Republic have unearthed a bronze statue of the goddess Aphrodite at an ancient temple on Egypt's Mediterranean coast.



Homeless earthquake survivors rest near the site of a new lake that fully submerged their village, Shuangdian, on Monday.

Floods, Rain Worry China

Quake-created bodies of water, storms may flood devastated towns

ANXIAN, CHINA | Soldiers hauled explosives deep into China's disaster zone Monday to blow up earthquake debris blocking a river whose rising waters threatened to flood already-devastated towns and villages.

Storms forecast for the region, meanwhile, added to concerns that rain would put more pressure on weakened dams and reservoirs and cause spillovers from new lakes that

CHINA MAKES EXCEPTIONS TO ONE-CHILD POLICY

→ Chinese officials said on Monday that the country's one-child policy exempts families with a child killed, severely injured or disabled by the quake.
→ Many Chinese have shown interest in adopting earthquake orphans, and Monday's announcement also said there are no limits on the number of earthquake orphans a family can adopt. (AP)

have built up behind debris from the earthquake.

The number of deaths from the quake climbed toward an expected final toll of 80,000 or more.

Thousands of people had been evacuated from an area downstream from a new lake that was created by a landslide near Beichuan, a town hit hard by the May 12 tremor that devastated Sichuan province.

The new lake — already named Tangjiashan — is one of dozens created when the quake sent millions of tons of earth and rock tumbling into narrow valleys. AUDRA ANG (AP)

CHINA | WILD RESCUE



PANDA RECOVERY: Men carry a giant panda who went missing from a Wolong, China, reserve after the May 12 earthquake. It was found alive on Monday.

U.N. Optimistic About Myanmar Aid

YANGON, MYANMAR | U.N. officials expressed hope Monday they will soon be able to get help to more than 1 million cyclone survivors still waiting for food and shelter, if Myanmar's ruling junta keeps its promise to let foreign aid workers into the country.

More than three weeks after the storm, people huddled along roadsides, desperate for any sort of handout. The U.N. estimated less than half the 2.4 million people victimized by the May 2-3 storm had received emergency assistance.

U.N. spokesman Richard Hors-



ey said that assistance could start flowing to those who need it most in the next few days. (AP)

World

Iraq: Teens Used For Bomb Attacks

Military says 6 boys forced into training by Saudi militant

BAGHDAD | The Iraqi military on Monday displayed a group of weeping teenagers who said they had been forced into training for suicide bombings by a Saudi militant in the last urban stronghold of al-Qaeda in Iraq.

Four of the six boys were lined up for the media at police headquarters in the northern city of Mosul, where they said they had been training for a month to start suicide operations in early June.

The United Nations and the Iraqi and U.S. militaries say they fear that al-Qaeda in Iraq is increasingly trying to use youths in attacks to avoid the heightened security measures

A Leader's New Image

→ As Iraqi Shiite cleric Moqtada al-Sadr's movement gives ground to government forces, the 34-year-old seeks to reposition himself as more mainstream. | **Today's Al**

IN The Washington Post

ENGLAND | CHEESE CHASE



ADRIAN DENNIS/AFP/GETTY IMAGES

DARING DASH AFTER DAIRY: Competitors race down a steep hill in pursuit of a round of Double Gloucester cheese during the annual Cooper's Hill cheese rolling contest in Gloucestershire, England, on Monday.

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Local

Train, Bus Ridership Rises

Metro seeks solutions to prevent system from being overwhelmed

Transit systems that ferry commuters into Washington from outlying regions are experiencing significant ridership increases as gas prices pass \$4 per gallon, and Metro officials caution that its trains could be overwhelmed if prices go even higher.

Officials are looking for ways to buy or lease more buses, add parking, encourage employers to stagger work schedules and persuade existing riders to avoid the peak of the morning rush hour.

In Loudoun County, ridership on county-run commuter buses jumped 23 percent in April from the same period last year. Officials

Vanpools Cropping Up

Ride-sharing has become such a popular method for saving on fuel costs that services are forced to wait-list people looking for a steady ride to work. | [Today's AI](#)

IN **The Washington Post**

scrambled to put additional buses into service, two months ahead of schedule.

In Maryland, ridership on the 15 commuter bus routes into Washington increased 15 percent in April, double the rate of increase from last fall, state transportation officials said. On Wednesday, state officials approved \$3.3 million to expand bus service on nine of those routes.

Metro, which provides 1.2 million subway and bus trips on an

average weekday and is the area's largest transit provider, is working on a contingency plan to help the agency — and the region — prepare for a huge shift to public transit if gas prices rise to \$5 per gallon or more. Despite fare and fee increases in January, Metro's average weekday ridership in April rose 4.3 percent over the same period last year.

Metro is urging regional officials to discuss options, even though they might not involve Metrorail.

"We're not always going to have the solutions," said Nat Bottigheimer, Metro's chief planner. "We're trying to give examples of the kinds of things that can be done so people will be comfortable taking a leap of faith to change a habit." **LENA H. SUN AND JONATHAN MUMMOLO**
(THE WASHINGTON POST)

IN **The Washington Post** | GRASS NOT GREENER



TRACY A. WOODWARD/TWP

NOBODY HOME: Jennifer Hansbrough and her son George walk past the tall grass of a vacant house near their home in Manassas. Neighbors have complained, saying the unkempt lawn is a breeding ground for new pests.
Empty lots: Upkeep suffers as foreclosed homes sit vacant | [Today's Metro](#)

Critics Cry Foul Over DCPS Funding

WASHINGTON | Critics say changes to the D.C. public school funding formula are a setback for efforts to promote transparency in the school system.

Schools Chancellor Michelle Rhee is scrapping a system used

since the late 1990s known as the "weighted student formula." It allowed school principals and parents to decide some staffing and funding priorities for their schools. Rhee says that put too much power in the hands of principals. (AP)

Va. Looks To Attract Foreigners

RICHMOND, VA. | Virginia tourism officials are hoping to attract foreign travelers as the U.S. economy worsens and domestic vacationers threaten to stay home.

Virginia Tourism Corp. is pushing the state as a vacation destination for international visitors by maintaining a presence at travel industry trade shows and printing travel guides in five languages.

International tourists are sought after because they tend to stay longer and spend more money than their domestic counterparts, tourism officials said.

The average international traveler visits two states, stays 16 nights and spends more than \$1,600 per visit — more than twice a domestic traveler — according to Capital Regional USA, made up of the Virginia Tourism Corp., the Washington D.C. Convention and Visitors Corp., the Metropolitan Washington Airport Authority and the Maryland Office of Tourism Development. (AP)



WORK TRIP: Maryland Gov. Martin O'Malley will be in Israel this week on a trade mission, to highlight emerging business opportunities in biotechnology research in the state.

Local

Crackdown on Immigrants

New policy in Prince William County leads some Hispanics to flee

WOODBRIIDGE, VA. | Business at Pedro Vargas' store, Club Video Mexico, has slid so steeply that only eight people walked through the door one day last month.

One thing he has been selling, however, are one-way bus tickets from Northern Virginia to Texas and Mexico. Soon he'll be getting his own ticket out of town — seeking a friendlier and more lucrative place to do business.

"The last few months have been very, very bad for us," said Vargas, who plans to move this summer from Prince William County to Utah.

Many say Prince William's new crackdown on illegal immigrants has created an environment so unfriendly that Hispanic people are leaving the county of more than 350,000, which, according to the U.S. Census Bureau, was nearly 15 percent Hispanic in 2006.

The county's policy, which has drawn heated debate and national attention, directs police officers to check the immigration status of everyone they arrest. Beginning July 1, illegal immigrants also will be denied certain services, such as



Pedro Vargas, 24, left, a legal resident, decided to move to Utah this summer, after Prince William County passed policies that aim to crack down on illegal immigrants.

business licenses, and mortgage and rental assistance.

"That's like a smack in the face to me," said Vargas, a 24-year-old Mexican immigrant who is living in the U.S. legally. "I've been living here my whole life, and now they pass this law?"

It is difficult to measure how many Hispanic people have left and their exact reasons for leaving.

In addition to immigrants' fears over the new policy, the souring economy and mortgage crisis may be contributing to the departures.

Stephen Fuller, director for the Center for Regional Analysis at

George Mason University in Fairfax, Va., said the policy could end up tainting the county's image and scaring off investors.

"I think this will affect the county for several years, even if they reverse the policy tonight," Fuller said. "The damage has been done. It's like personal reputation; it's hard to build that back."

Supporters of the changes, however, say the crackdown is working as intended. Prince William Board of County Supervisors Chairman Corey A. Stewart said it already has had a "tremendous positive effect on the quality of life."

KAREN MAHABIR (AP)

Protest for Protesters Planned in D.C.

WASHINGTON | A group of 35 protesters is scheduled to stand trial on charges stemming from a demonstration in January at the Supreme Court against conditions at the Guantanamo Bay military prison.

Demonstrators are planning a march on Tuesday to express solidarity with the protesters on trial. They plan to march from the Supreme Court to D.C. Superior Court at 7:45 a.m., with some wearing orange jumpsuits and black hoods.

The protest in January was held on the sixth anniversary of the opening of the military prison at Guantanamo Bay, Cuba. Those who were arrested were charged with illegally demonstrating at the Supreme Court. (AP)

The Lotteries

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Sports

In Brief



Syracuse players celebrate after winning Monday's lacrosse championship.

COLLEGE LACROSSE

Syracuse Bests Hopkins 13-10 for Lax Championship

Syracuse won its 10th NCAA men's lacrosse championship Monday, beating defending champion Johns Hopkins 13-10 behind three goals from Dan Hardy. John Galloway stopped seven shots for the Orange, who won their first title since 2004. Paul Rabil scored a career-high six goals for Johns Hopkins, one off the title-game record. (AP)

BASEBALL

Former Cubs Pitcher Killed By Lightning in Venezuela

Former major league pitcher Geremi Gonzalez, who won 11 games for the Chicago Cubs in 1997, was killed by a lightning strike in his native Venezuela on Sunday. He was 33. Emergency management official Herman Bracho said Monday that Gonzalez was struck by lightning at a beach. (AP)

GOLF

Singh, Els Out of Memorial

Vijay Singh withdrew Monday from the Memorial because of a rib injury sustained last week, and Ernie Els said on his Web site that he won't be playing this week either. That would leave the Memorial with six of the top 10 players from the world ranking. (AP)

Avenel Face-Lift

TPC at Avenel is finally getting the makeover it has long needed. Get a hole-by-hole look at what will be different, and why it was changed. | Today's Post

IN The Washington Post



"Willie has my support. He has the support of our ownership. Willie's job was never in danger going into this meeting."

— Mets GM Omar Minaya, who met with struggling manager Willie Randolph on Monday.

Nats Tie Game Late, Then Lose in 11

Bergmann is strong again, but Milwaukee's Fielder steals the show

NATIONALS | On a day when he hit the ball hard five times, Prince Fielder's legs allowed the Brewers to salvage some momentum from a disappointing trip.

Fielder scored the go-ahead run in the 11th inning on pinch-hitter Gabe Kapler's single, and the Brewers defeated the Washington Nationals 4-3 Monday.

"Prince just missed four homers. He almost had a four-homer day," Brewers manager Ned Yost said. "You add up his outs, and ... it could have been 1,500 feet."

Fielder singled down the right-field line and was thrown out by



FIT TO BE KING: Prince Fielder, right, scores the game-winning run in the 11th after doubling to start the inning. He also drove in a run to go ahead 3-2 in the eighth.

Elijah Dukes trying to stretch the hit into a double, then flied out deep three times, including an eighth-inning sacrifice fly that put the Brewers ahead 3-2.

Washington managed only one hit in the last five innings: Dmitri Young's disputed two-out, solo homer in the eighth. The hit was originally ruled a triple before the umpires changed their minds.

"When our offense shows up, things will obviously be easier for us," manager Manny Acta said.

Nationals starter Jason Bergmann pitched 5 2/3 scoreless innings, stretching his shutout streak to 19 2/3 innings since being recalled from Triple-A Columbus on May 14. He allowed four hits, struck out eight and walked one, leaving with a 2-0 lead.

"I tried my best for as long as I could. Hopefully, next time we'll get the W." (AP)

Ginobili Takes Over for Trailing Spurs

San Antonio's sixth man has his first good game at the right time

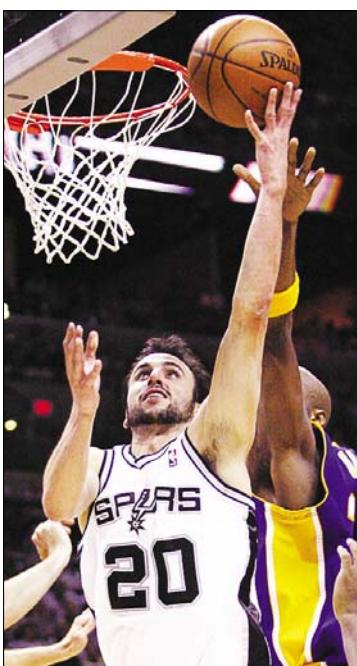
NBA PLAYOFFS | The Spurs were happy to be home. They felt even better about having Manu Ginobili back in top form.

In an 0-2 hole to the Los Angeles Lakers and in desperate need of a win, San Antonio prevailed 103-84 on Sunday night in Game 3 of the Western Conference finals. The Spurs were led Ginobili, who scored 30 points after struggling mightily in the first two games.

"We saw a turnaround coming," said Spurs star Tim Duncan, who added 22 points, 21 rebounds and five assists. "To say that we saw him come out and shoot the ball the way he did, can't say that. But we knew he was going to be aggressive. Knew he was going to try to turn this series around for himself."

And turn it around for the Spurs, who overcame a 0-2 deficit against the New Orleans Hornets one round ago.

The Lakers still lead the series



Manu Ginobili scored 30 points in Game 3 after struggling in the first two games.

2-1. Game 4 is Tuesday in San Antonio.

Ginobili hit five of the Spurs' 10 3-pointers to keep the defending champions from falling behind 0-3, which no NBA team has ever

overcome.

San Antonio's super-sub and league's top sixth man — who has a sore ankle and torn fingernail — had just 17 points on 5-of-21 shooting in Games 1 and 2.

"He played great. It was unbelievable. He got us going," said Tony Parker, who added 20 points and five assists. "He hit those 3's. He was very aggressive."

The Spurs are a perfect 7-0 at home this postseason.

"It's a good experience for us to play against the defending champs and have them kick our butts the way they did," league MVP Kobe Bryant said. "I think we grew up a lot tonight."

The Spurs squandered a 20-point lead to lose Game 1 in Los Angeles and the Lakers routed them in Game 2.

"Probably we had a little more sense of urgency because of the fact of being [down] 2-0," Ginobili said.

ELIZABETH WHITE (AP)



Orioles catcher Ramon Hernandez tags out Johnny Damon at home.

Orioles End Skid Against Yankees

ORIOLES | Garrett Olson pitched seven innings of three-hit ball, Nick Markakis went 3-for-4 with a home run, and the Orioles ended the Yankees' five-game winning streak with a 6-1 victory Monday.

Aubrey Huff also homered for the Orioles, who snapped a five-game skid that began with successive defeats in New York.

Hideki Matsui had three of New York's five hits and scored the Yankees' lone run, on a ninth-inning single by Chad Moeller.

Olson outpitched Darrell Rasner, who gave up one run and five hits in six innings. Rasner (3-1) had won each of his three starts. (AP)

LATE GAME: Get results and analysis of Monday night's Celtics-Pistons game in | Today's Post, Sports

NO REPEAT: Miami was selected as the top seed for the D-I college baseball tournament Monday, while two-time defending champ Oregon State was left out of the field. The 1999 Hurricanes were the only No. 1 overall seed to win the tournament since the field expanded to 64 teams.



Sports

Venus Avoids Major Upset

No. 8 Williams lost 6 straight games before coming back at Open

TENNIS | Venus Williams was cruising along with a ho-hum 6-3, 4-1 lead over her 35-year-old opponent at the French Open on Monday when suddenly everything went awry.

The double-faults piled up. The forehand errors did, too, and Williams lost six consecutive games to fall behind as a drizzle fell. The crowd was rooting for the underdog, applauding in unison every time 93rd-ranked Tzipora Obziler of Israel earned a point.

Eventually, six-time major champion Williams did manage to turn things back around quickly enough to pull out a 6-3, 4-6, 6-2 victory over Obziler and reach the second



Venus Williams fell behind in the third set before beating No. 93 Tzipora Obziler.

round at Roland Garros before the rain grew heavier and washed out the latter part of the day's schedule.

"I'm glad at the end that I figured it out," No. 8 Williams said.

Three-time defending men's champion Rafael Nadal was sup-

posed to follow her on center court, but his match never began. Among those who did play Monday was No. 1 Roger Federer, who wasn't tested much in a 6-4, 6-4, 6-3 victory over Sam Querrey of the United States.

"You never think you're going to be the guy that's going to draw him when the draw comes out," the 40th-ranked Querrey said. "But someone has to."

The day's most significant upset was produced by another American, 106th-ranked Wayne Odesnik, who beat No. 29 Guillermo Canas of Argentina 7-6 (6), 7-6 (3), 7-6 (8). The match lasted the minimum number of sets yet took 3 hours, 46 minutes.

"There's not too much to say. I think he played well," said Canas, who's lost his past six matches, all on clay. "I didn't play well at all."

HOWARD FENDRICH (AP)

Specialist Mends Big Brown's Hoof

HORSE RACING | The crack in Triple Crown hopeful Big Brown's left front foot is on the mend, and the colt could be on the track by Wednesday to resume training for the Belmont Stakes on June 7.

Hoof specialist Ian McKinlay opened the slight quarter crack Monday and inserted stainless steel wire stitches to draw the crack together. The

10-minute procedure went smoothly, McKinlay said, and Big Brown was walked around the barn and returned to his stall, where he has been since the injury was discovered Friday.

"Basically, we've done what we can right now," McKinlay said. "It might be 48 hours before we see the full result of stabilizing the quarter."

Trainer Rick Dutrow Jr. said the break in training will not affect how his horse runs in the 1½-mile Belmont on June 7. (AP)

TODAY'S TV LINEUP

NBA PLAYOFFS (9 P.M. ON TNT) The Lakers are up 2-1 in San Antonio in the Western Conference finals.

NATIONALS (10 P.M. ON MASN2) After a good series against the Brewers, the Nationals head back on the road to San Diego — the worst team in the NL.

ORIOLES (7 P.M. ON MASN) The two worst

teams in the AL East, the Orioles and Yankees, play in Baltimore.

TENNIS (NOON ON ESPN2) Early round coverage of the French Open continues throughout the next couple weeks.

WNBA (7 P.M. ON ESPN2) The Mystics are playing but aren't on TV. But Indiana is at Connecticut.

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Sports

After Indy, Dixon In a 'Dreamland'

Stoic driver overcome
with emotion after
winning at Brickyard

AUTO RACING | Scott Dixon was exhilarated and screaming. He also felt alone, dazed by winning the Indianapolis 500.

A day after the biggest victory of his life, he took a more leisurely spin around Indy. He rode slowly around the 2½-mile oval on a white speedway bus, surrounded by microphones, notepads and cameras.

"I don't normally yell too often," he said Monday. "But I was definitely yelling and I had a few four-letter words in there as well to the team. Winning here, it's like nothing else."

The 27-year-old New Zealander was "almost dumbfounded" when he got to Victory Lane.

"It's such a strange feeling," he said. "And, for me, I don't show emotions too much. I don't know; it's almost like you're in a dreamland."

Nobody disputes that Dixon is one of the best drivers in the IRL's IndyCar Series. But because he is quiet and generally stays out of trouble on the track, he is often overlooked.

In the days leading to the race, the bright lights were on Indy glam-



Scott Dixon celebrates after winning the Indy 500 on Sunday afternoon.

our girl Danica Patrick, teammate Tony Kanaan and Marco Andretti. But in the end, it was Dixon who won the world's most important and richest open-wheel race.

He took the lead for good in the pits 29 laps from the end, getting out just ahead of eventual runner-up Vitor Meira. That appeared to be the key, but Dixon said Monday he thought it could easily have been the moment he lost it.

"When you're out front, you're a sitting duck," Dixon said. "I really would have preferred to be second coming out [of the pits]. But the team did a great job and I just had to deal with being up front." MIKE HARRIS (AP)

MLB STANDINGS

THROUGH MAY 25'S GAMES

AMERICAN LEAGUE

EAST W L PCT. GB HOME ROAD

Tampa Bay	30	20	.600	—	I9-8	II-12
Boston	31	22	.585	0.5	II-5	IO-17
Toronto	27	25	.519	4	I4-II	I3-I4
N.Y. Yankees	25	25	.500	5	I4-I2	II-13
Baltimore	24	25	.490	5.5	I4-7	IO-18

CENTRAL W L PCT. GB HOME ROAD

Chicago	27	22	.551	—	I3-9	I4-I3
Minnesota	25	25	.500	2.5	I6-I2	9-I3
Cleveland	23	27	.460	4.5	I5-I4	8-I3
Detroit	21	29	.420	6.5	I2-I4	9-I5
Kansas City	21	29	.420	6.5	I0-I2	II-17

WEST W L PCT. GB HOME ROAD

L.A. Angels	30	22	.577	—	I4-II	II-11
Oakland	28	23	.549	1.5	I6-II	I2-I2
Texas	26	26	.500	4	I2-II	I4-I5
Seattle	18	33	.353	II.5	II-13	7-20

NATIONAL LEAGUE

EAST W L PCT. GB HOME ROAD

Florida	29	20	.592	—	I8-I2	II-8
Atlanta	27	23	.540	2.5	II-7	6-I6
Philadelphia	28	24	.538	2.5	I3-II	I5-I3
N.Y. Mets	23	25	.479	5.5	I2-9	II-16
Washington	22	29	.431	8	I3-I4	9-I5

CENTRAL W L PCT. GB HOME ROAD

Chicago	29	21	.580	—	I9-8	IO-13
St. Louis	30	22	.577	—	I7-I0	I3-I2
Houston	29	23	.558	I	I5-9	I4-I4
Pittsburgh	24	26	.480	5	I5-II	9-I5
Milwaukee	23	27	.460	6	II-9	I2-8
Cincinnati	23	28	.451	6.5	I4-9	9-I9

WEST W L PCT. GB HOME ROAD

Arizona	30	20	.600	—	I9-8	II-12
L.A. Dodgers	26	23	.531	3.5	I5-II	II-12
Colorado	20	30	.400	IO	I2-I4	8-I6
San Fran.	20	31	.392	I0.5	II-15	9-I6
San Diego	19	33	.365	I2	II-14	8-I9

Waking up unrefreshed day after day?



All photos are for illustrative purposes only.

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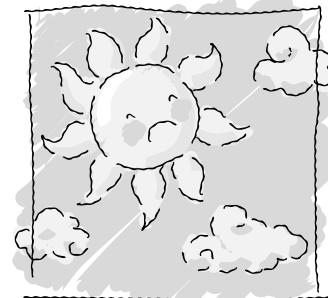
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Entertainment



AS EXPECTED: "Indiana Jones and the Kingdom of the Crystal Skull" raked in an estimated \$311 million in global box office sales from Thursday to Monday. The action sequel made \$151.1 million in the U.S. and Canada, and \$160 million overseas.



BEING CHARLIE KAUFMAN: The writer's credits include "Being John Malkovich" and "Eternal Sunshine of the Spotless Mind."

New Direction

Elite screenwriter Charlie Kaufman goes behind the camera

Q&A | Few filmmakers have earned the label "auteur" more quickly than Charlie Kaufman, and even fewer have gained it without having helmed a feature. So, all eyes are on his directorial debut, "Synecdoche, New York," the story of a the-

ater director (Philip Seymour Hoffman) who uses a grant to create the ultimate play: a city within a city within a warehouse. The production extends decades as Hoffman's director deals with a crippling disease and the many women in his life. Kaufman talked to the Hollywood Reporter about dreams and directing.

Your film has many surreal ele-

ments to it. Were there dreams you were having that inspired you?

I'm interested in the structure and logic of dreams as a type of storytelling — dream logic and images in a non-dream story. It wasn't about my dreams — it was about the visceral, emotional feeling one gets in them, the idea you can have things happen that are irrational and they just seem perfectly natural.

Since it's about an artist attempting the most massive undertaking of his life, when in the process did you know you were going to be directing it — before, during or after you wrote it?

It was after. By the time I finished it, Spike [Jonze] was already immersed in ("Where the Wild Things Are"), so I asked him if it would be OK if I directed it. I knew that it would be OK with the world, but I wanted to get his blessing and he gave it to me.

Why start directing with this script? It seems you could've jumped in with any of your scripts. I don't think that's true. No one could get "Malkovich" made until Spike came along. I wrote "Adaptation" for the possibility of Jonathan Demme to direct, and when he decided after I'd written it that he didn't want to, Spike came in. At that point it didn't even occur to me to ask for the job — I didn't feel qualified at the time. I wrote "Eternal Sunshine" for Michel (Gondry) in the nature of something he asked to direct.

In "Eternal Sunshine," viewers get caught up in the plot twists and effects and then at the end it has this emotional impact that just hits you. Is "Synecdoche" similar?

I've been told by people who've seen it that it has a similar effect, and that even days or weeks after, things stay with them. You try to tell a true story honestly, and then people react to it. **GREGG GOLDSTEIN**
(THE HOLLYWOOD REPORTER)

Farewell to a Variety Pioneer

Comedian Dick Martin of 'Laugh-In' fame dies at the age of 86

OBIT | Dick Martin, the zany half of the comedy team whose "Rowan and Martin's Laugh-In" took television by storm in the 1960s — making stars of Goldie Hawn and Lily Tomlin and creating such national catch-phrases as "Sock it to me!" — has died. He was 86.

Martin, who went on to become

one of television's busiest directors after splitting with Dan Rowan in the late 1970s, died Saturday night of respiratory complications at a hospital in Santa Monica, spokesman Barry Greenberg said.

"Laugh-in," which debuted in January 1968, was unlike any comedy-variety show before it. Rather than relying on a series of tightly scripted song-and-dance segments, it offered up a steady, almost stream-of-consciousness run of non-sequitur jokes, politi-



Dick Martin, right, is pictured here with "Laugh-In" co-host Dan Rowan in 1977.

cal satire and madhouse antics from a cast of talented young actors.

Presiding over it all were Rowan and Martin, the veteran nightclub comics whose stand-up banter put a distinct spin on the show.

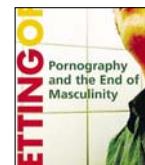
Like all straight men, Rowan provided the voice of reason, striving to correct his partner's absurdities. Martin, meanwhile, was full of bogus, often risqué theories about life, which he appeared to hold with unwavering certainty.

BOB THOMAS (AP)

Today's Top Stops

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ROBERT JENSEN Tell It Like It Is



Progressive author Robert Jensen discusses recurring themes in three of his books: "Getting Off: Pornography and the End of Masculinity," "The Heart of Whiteness: Confronting Race, Racism and White Privilege" and "Citizens of the Empire: The Struggle to Claim Our Humanity." Such loaded titles should perpetuate a lively exchange.

→ *Busboys & Poets*, 2021 14th St. NW; 6 p.m., free; 202-387-7638.
(U St.-Cardozo)



DURAN DURAN Newest Wave

2 Hungry like the wolf for a nostalgic night with a new wave legend? You're in luck — Duran Duran is in town. The British rockers' latest album, "Red Carpet Massacre," was just released last November, but we're sure they'll mix some "Rio" in with the newer stuff.

→ *Merriweather Post Pavilion*, 10475 Little Patuxent Parkway, Columbia, Md.; 8 p.m., \$40-\$125; 202-397-7328.

CARL HIAASEN Above-Par Humor

3 In his latest book, journalist and novelist Carl Hiaasen finds humor in golf. You read right — golf, a generally unfunny pastime, becomes the stuff of cackles in "The Downhill Lie."

→ *Politics & Prose*, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919.
(Van Ness-UDC)

WHAT'S HAPPENING?

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Entertainment



J. SCOTT APPLEWHITE/AP

OK COMPARTMENT: The band's positive mood is apparent in its latest music.

Lightness of Radiohead

The once-melancholy band is freed of an unidentifiable weight

LOOKING UP | The breakthrough for Radiohead on "Reckoner" — a song that underwent multiple incarnations on its way to "In Rainbows" — came by way of what Jonny Greenwood calls a "big percussion fest."

Recording in an English country house, all five members of the group make a loud, cathartic racket — a habit-busting trick the band has practiced since primary school, says bassist Colin Greenwood.

"And I'm happy to say that success hasn't changed us at all," joked Jonny Greenwood.

Whether through the primal release of a "big percussion fest" or by severing ties with its record label, Radiohead is giving the distinct impression of a band that has exorcised something.

On their seventh album, particularly on songs like the falsetto-rich R&B ballad "House of Cards" and the languorous "Nude," the music reflects the same sense of freedom.

And this is a drastic change for what many consider the gloomiest

band on the planet.

Meet the born-again Radiohead.

In a recent two-part interview with the band — first with the Greenwood brothers and Phil Selway, second with Thom Yorke and guitarist Ed O'Brien — a lightness was unmistakable.

They had just performed in nearby Virginia, where torrential rain caused flooding and enormous traffic jams around the Nissan Pavilion. In the apocalyptic downpour, Radiohead functioned as a hearth, exuding its newfound glow.

Five shows into the first leg of their North America tour, they played confidently. At one point, Yorke urged the soaked crowd to "cuddle," an unthinkable prospect for a Radiohead concert. When asked about the origins of the new mood, Yorke is as clueless as anyone.

"I don't know where it came from, to be honest," said the 39-year-old singer, laughing heartily. "I think ['In Rainbows'] has its moments of fraught tension, like 'Bodysnatchers' obviously. But it ends up in a good space. It starts off pretty anxious, but the end of 'All I Need,' by that point, everything is like, 'Ahhh' — getting it out of your system." JAKE COYLE (AP)

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Special Report solves the "My home isn't selling" problem

WASHINGTON METRO - A "Special Report" explodes what its author exposes as "The myth of slow home sales." In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and

at a favorable price. The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio. Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every

listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site

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Entertainment



MASTER OF THE UNIVERSE: Paul McCartney can now add one more honor to the numerous awards, accolades and the knighthood he has already received. The ex-Beatle on Monday was awarded an honorary doctor of music degree from Yale University.

Warrior of Ill-Repute

The Western image of Genghis Khan is challenged in 'Mongol'

INTERPRETATION | In the Western imagination, Genghis Khan is often seen as a ruthless warrior whose Mongol hordes overran both Russia and China. In the East, his reputation is as a visionary who used enlightened methods to both unite Asia and protect it from the outside world.

In "Mongol," writer and director Sergei Bodrov offers a version of Genghis Khan as a father and clanman drawn to the world stage out

of a desire for justice. A sweeping epic shot on location in Mongolia and China, "Mongol" was Kazakhstan's entry for Best Foreign-Language Film at this year's Academy Awards and makes its U.S. debut on June 6.

Bodrov began working on the project in 2000, drawn to the paradox of a man who is reviled by half the world and revered as a hero by the other half. "He was a complicated person, but I found something very interesting about his character," the director says. "Of course, he was a ruler and a ruthless commander. A military genius. But many people don't know that,



KHAN-TROVERSY: "Mongol" deals with dueling images of a historical figure.

for example, he abolished torture. He was open to many religions; his wars were not religious wars."

As a screenwriter, Bodrov was hampered by the fact that the historical record about Genghis Khan — referred to by his Mongol name Temudjin in the film — is scanty.

That gap led Bodrov to reimagine Temudjin's life as a series of retaliations against corrupt authority. It was a controversial stance with the historical consultants hired for the project.

"They were nice people," Bodrov recalls, "but they were students of books. I said: 'Look, we don't know for sure what happened. Everything is open to interpretation.' What I am looking for is a logical way to understand the character. Then it's easier to build the story of his life. You can start to fill in the holes."

DANIEL EAGAN
(FILM JOURNAL INTERNATIONAL)

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OC & DA: CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (445) 800
IRON MAN (PG-13) (1200 100 315 415) 630 730 1030
WHAT HAPPENS IN VEGAS (PG-13) (1200 230 500) 815 1045
MADE OF HONOR (PG-13) (100 400) 700 1000
SPEED RACER (PG) (1230) 630
BABY MAMA (PG-13) (345) 945
FORGETTING SARAH MARSHALL (R) - ID REQ'D (930 PM)

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#
Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★ (1145 1215 1245 115 300 330 400 430 500) 615 645 715 745 930 1000 1030
CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1230 345) 1015
CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1200 1230 100 315 415) 630 700 830 1045
WHAT HAPPENS IN VEGAS (PG-13) (100 320 540) 800 1025
SPEED RACER (PG) (1200) 720
MADE OF HONOR (PG-13) (130) 410 710 950
IRON MAN (PG-13) (1220 110 320 420 650) 720 950 1040
BABY MAMA (PG-13) (1150 210 435) 665 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO (325) 1010
BAY (R) - ID REQ'D (140 445) 750 1035
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1240) 735

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6505 America Blvd, Hyattsville, MD 301-864-3456
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Adv. Tix on Sale THE INCREDIBLE HULK (PG-13) ★
Adv. Tix on Sale KUNG FU PANDA (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
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WHAT HAPPENS IN VEGAS (PG-13) (1250 410) 710 940
SPEED RACER (PG) (110 340) 725 1025
MADE OF HONOR (PG-13) (120 340) 640 920
IRON MAN (PG-13) (1255 130 350 420) 650 720 1010 1040
BABY MAMA (PG-13) (150) 720
HAROLD & KUMAR ESCAPE FROM GUANTANAMO (350) 1020
BAY (R) - ID REQ'D (140 445) 750 1035
FORGETTING SARAH MARSHALL (R) - ID REQ'D (140 445) 750 1035
CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) (1230 215) 630 700 940
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MADE OF HONOR (PG-13) (130) 410 710 950
IRON MAN (PG-13) (1220 110 320 420 650) 720 950 1040
BABY MAMA (PG-13) (1



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DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:50, 4:20, 7:50

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 10:40, 12:00, 12:40, 1:20, 1:50, 2:30, 3:20, 4:00, 4:40, 5:10, 5:50, 6:40, 7:20, 8:00, 8:30, 9:10, 10:00

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 12:40, 4:00, 7:20

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:10, 1:30, 2:10, 2:50, 3:40, 5:00, 5:40, 6:20, 7:10, 8:40, 9:20, 10:10

SPEED RACER (PG) 11:10, 12:30, 2:20, 5:05, 5:55, 8:20

WHAT HAPPENS IN VEGAS (PG13) 12:55, 3:30, 4:30, 6:10, 6:55, 9:00, 9:45

IRON MAN (PG13) 1:00, 1:40, 2:10, 4:10, 4:50, 6:30, 7:15, 8:10, 9:50

MADE OF HONOR (PG13) 1:55, 4:25, 7:05, 9:30

BABY MAMA (PG13) 2:15, 4:55, 7:30, 8:45, 10:05

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 2:05, 4:35, 7:00, 9:40

THE FORBIDDEN KINGDOM (PG13) 1:50

FORGETTING SARAH MARSHALL (R) 1:25, 4:05, 6:50, 9:35

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 2:05, 5:20, 8:35

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 12:30, 1:15, 2:00, 2:45, 3:30, 4:15, 5:00, 5:45, 6:30, 7:15, 8:00, 8:45, 9:30, 10:15

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:35, 1:20, 2:50, 3:50, 4:35, 6:05, 7:05, 7:50, 9:20, 10:20

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:50, 6:05, 9:20

SPEED RACER (PG) 1:25, 4:25, 7:25

WHAT HAPPENS IN VEGAS (PG13) 1:40, 4:10, 6:45, 9:10

IRON MAN (PG13) 1:00, 2:25, 3:55, 5:25, 6:50, 8:20, 9:50

MADE OF HONOR (PG13) 1:25, 3:10, 5:40, 8:10, 10:30

BABY MAMA (PG13) 1:55, 4:20, 6:40, 9:00

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 10:25 PM

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 2:00, 5:10, 8:30

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 12:15, 12:45, 1:30, 2:15, 3:00, 3:45, 4:30, 5:15, 6:00, 6:45, 7:30, 8:15, 9:00, 9:45, 10:30

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:15, 1:10, 3:30, 4:20, 6:40, 7:25, 9:55, 10:30

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:15, 3:30, 6:40, 9:55

SPEED RACER (PG) 1:00

WHAT HAPPENS IN VEGAS (PG13) 2:10, 4:40, 7:40, 10:20

IRON MAN (PG13) 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 10:05

MADE OF HONOR (PG13) 2:20, 4:50, 7:20, 10:10

BABY MAMA (PG13) 4:10, 6:50, 9:30

FORGETTING SARAH MARSHALL (R) 2:30, 5:05, 7:50, 10:25

AMC SELECT

SON OF RAMBOW (PG13) 1:40, 4:25, 7:10, 9:50

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:35, 3:45, 7:10, 10:20

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) ✓ 12:20, 1:00, 1:35, 2:10, 2:45, 3:20, 4:00, 4:30, 5:10, 5:45, 6:20, 7:00, 7:35, 8:10, 8:45, 9:20, 10:00, 10:35

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:00, 1:25, 2:00, 2:35, 3:10, 4:35, 5:20, 5:55, 6:30, 7:55, 8:30, 9:05, 9:40

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 2:00, 5:20, 8:30

SPEED RACER (PG) 1:20, 4:15, 7:30, 10:25

WHAT HAPPENS IN VEGAS (PG13) 1:50, 4:25, 7:15, 9:50

IRON MAN (PG13) 1:25, 1:50, 1:55, 3:25, 4:05, 4:45, 6:15, 7:05, 7:40, 9:15, 10:15, 10:30

SPEED RACER (PG) 12:55, 4:05, 7:10

WHAT HAPPENS IN VEGAS (PG13) 12:25, 2:55, 5:20, 7:55, 10:25

IRON MAN (PG13) 12:05, 1:30, 3:00, 4:30, 6:00, 7:35, 9:05, 10:30

IRON MAN (PG13) ✓ 12:05, 3:00, 6:00, 9:05

MADE OF HONOR (PG13) 12:20, 2:50, 5:15, 7:45, 10:20

BABY MAMA (PG13) 1:20, 2:35, 5:10, 7:40, 10:15

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 10:10 PM

FORGETTING SARAH MARSHALL (R) 1:10, 4:10, 7:00, 9:40

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 2:30, 5:45, 9:05

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) ✓ 12:00, 1:20, 1:35, 2:10, 2:45, 3:15, 4:00, 4:35, 5:05, 5:35, 6:05, 6:45, 7:15, 7:50, 8:30, 9:00, 9:35, 10:05, 10:45

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:15, 1:00, 1:45, 3:30, 4:15, 5:05, 7:30, 8:15, 10:00, 10:40

SPEED RACER (PG) 12:55, 4:05, 7:10

WHAT HAPPENS IN VEGAS (PG13) 12:25, 2:55, 5:20, 7:55, 10:25

IRON MAN (PG13) 12:05, 1:30, 3:00, 4:30, 6:00, 7:35, 9:05, 10:30

IRON MAN (PG13) ✓ 12:05, 3:00, 6:00, 9:05

MADE OF HONOR (PG13) 12:20, 2:50, 5:15, 7:45, 10:20

BABY MAMA (PG13) 1:20, 2:35, 5:10, 7:40, 10:15

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 10:10 PM

FORGETTING SARAH MARSHALL (R) 1:10, 4:10, 7:00, 9:40

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) ✓ 1:00, 4:00, 7:00, 10:00

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:45, 3:00, 3:50, 6:20, 7:10, 9:30, 10:15

SPEED RACER (PG) 1:30, 4:30

WHAT HAPPENS IN VEGAS (PG13) 2:00, 4:50, 7:50, 10:10

IRON MAN (PG13) 1:45, 4:40, 7:30, 10:30

BABY MAMA (PG13) 1:20, 4:20, 7:20, 9:50

FORGETTING SARAH MARSHALL (R) 7:40, 10:20

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:35, 3:45, 6:55, 10:20

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) ✓ 12:00, 1:20, 1:30, 1:40, 2:20, 3:00, 3:30, 4:00, 4:40, 5:20, 6:00, 6:30, 7:00, 7:40, 8:20, 9:00, 9:30, 10:00, 10:30

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) ✓ 1:40, 4:40, 7:40, 10:30

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:05, 1:15, 2:30, 3:05, 4:25, 5:00, 5:40, 6:20, 7:35, 8:10, 8:55, 9:35

SPEED RACER (PG) 1:10, 4:15, 7:15, 10:15

WHAT HAPPENS IN VEGAS (PG13) 2:00, 4:30, 7:20, 9:55

IRON MAN (PG13) 1:20, 2:15, 4:10, 5:10, 7:05, 8:00, 10:05

MADE OF HONOR (PG13) 1:30, 4:05, 7:10, 9:40

BABY MAMA (PG13) 2:45, 7:30

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R) 5:15, 9:50

FORGETTING SARAH MARSHALL (R) 2:10, 4:55, 7:55, 10:30

AMC SELECT

SON OF RAMBOW (PG13) ✓ 1:25, 3:10, 5:30, 7:50, 10:20

LOEWS WHITE FLINT 5
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1-800-FANDANGO #741

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 2:00, 4:45, 7:20

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:30, 4:15, 7:25

SPEED RACER (PG) 2:05, 4:45, 7:25

WHAT HAPPENS IN VEGAS (PG13) 1:50, 4:20, 7:00

IRON MAN (PG13) 1:55, 4:30, 7:10, 9:15

IRON MAN (PG13) 1:20, 2:30, 4:00, 5:00, 7:00, 8:00, 10:00

MADE OF HONOR (PG13) 2:45, 7:30

BABY MAMA (PG13) 1:20, 2:30, 4:00, 5:00, 7:00, 8:00, 10:00

FORGETTING SARAH MARSHALL (R) 2:10, 4:55, 7:55, 10:30

AMC SELECT

SON OF RAMBOW (PG13) ✓ 1:25, 3:10, 5:30, 7:50, 10:20

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:15, 4:15, 7:15, 10:15

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 2:00, 4:30, 7:30, 9:30

SPEED RACER (PG) 2:20, 4:50, 7:30, 9:30

WHAT HAPPENS IN VEGAS (PG13) 1:50, 4:20, 7:00

IRON MAN (PG13) 1:55, 4:30, 7:10, 9:15

IRON MAN (PG13) 1:20, 2:30, 4:00, 5:00, 7:00, 8:00, 10:00

MADE OF HONOR (PG13) 2:45, 7:30

BABY MAMA (PG13) 1:20, 2:30, 4:00, 5:00, 7:00, 8:00, 1

Entertainment



BRAVO! The French film "The Class," a tale about classroom life using real students and teachers, won the highest honor, the Palme d'Or, at the Cannes Film Festival on Sunday. This was the first win for a French film since 1987.

Everything to Fear

NBC's new series of horrors will make you afraid of the dark

AHHH! Hanging suspended from the ceiling all night long might not appeal to your average actor. But the feat was freaky fun for Jesse Plemons, who stars in NBC's new horror anthology series "Fear Itself."

"I have a new respect for every actor that I've seen in a horror movie," Plemons says of his strung-up situation in "The Sacrifice," the first of the series' 13 stand-alone episodes, premiering June 5 at 10 p.m.

"When you're upside down and there's blood dripping off your head into a pan, there isn't a whole lot of acting involved, and you just kind of have to react," Plemons says.

In "The Sacrifice," Plemons plays a vaguely criminal character named Lemmon, who falls prey to a sharp-fanged critter and a trio of axe-wielding blondes in an old fort.

Best-known as Landry Clarke on the NBC drama "Friday Night



LOOKS LIKE A NICE GUY: But Jesse Plemons is terrifying as Lemmon on "Fear Itself."

Lights," Plemons had never ventured closer to the horror genre than a guest turn on the bloodstained CBS procedural "CSI."

But in "The Sacrifice," written by series creator Mick Garris, Plemons cozied right up to the fright.

"There was this five-page scene where I had these really thick vampire contacts in and any light blinded me," Plemons says. "And I kept hearing all these screams, and you can't see, and you've got blood all over you.

That was when I really felt like I was in a horror film. It was a great first experience."

Which makes Plemons exactly the kind of horror aficionado — and advertiser-coveted young demographic — NBC hopes to woo this summer with the fresh faces and creepy content of "Fear Itself."

Part of NBC's push toward year-round original programming, "Fear Itself" is styled as a showcase for small films from more than a dozen genre writers, including Joe Gangemi, Steve Niles and Dan Knauf, and genre directors including Brad Anderson ("The Machinist"), Darren Bousman ("Saw II," "III" and "IV") and Ronny Yu ("Bride of Chucky").

"Yes, we can get people really scared in about 40 minutes," says executive producer Keith Addis.

"Every one of these stories addresses that paper-thin membrane between sanity and insanity, and how little it takes to be pushed over that red line into a world where you have no power or control," Addis says of "Fear Itself." KINNEY LITTLEFIELD (AP)



He's a fan of the erstwhile Material Girl.

M. Moore Endorses Madonna

FAN | Madonna's new film on the impoverished nation of Malawi has wowed another maker of documentaries: Michael Moore.

Moore announced that Madonna, like himself a Michigan native, will appear for a screening of "I Am Because We Are" during the Traverse City Film Festival on Aug. 2.

"I Am Because We Are" illustrates the poverty that children of the southern African country face, how the AIDS crisis is claiming lives, and the conditions that cause disease. The film urges people to volunteer and tries to offer hope. JOHN FLESHER (AP)

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CREW VS. CREW: Groups of people with uncanny amounts of rhythm return to MTV for a battle of moves. "Randy Jackson Presents: America's Best Dance Crew" returns on June 19. May the best krumping, grinding b-boys win.

Television

ON TV TONIGHT

WATCH IT AND WEEP

Hilary Swank, Clint Eastwood and Morgan Freeman star in the 2004 drama **MILLION DOLLAR BABY** (8 p.m., AMC).

CRIME AND THE CITY

On **LAW & ORDER: SPECIAL VICTIMS UNIT** (NBC), Cynthia Nixon guest-stars (9 p.m.), lost in **Second Life** (10 p.m.).

SUBCULTURE

48 HOURS (10 p.m., CBS) reports on the mysterious world of polygamy.

NAUGHTY CLIENT!

Alan's client wants to cross the line on **BOSTON LEGAL** (10 p.m., ABC).

BITTERSWEET JOURNEY

The daughter of two survivors of the Cambodian genocide of the late 1970s returns with her parents to their homeland in the gripping film **NEW YEAR BABY** (11:35 p.m., CBS). KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)



IRON WOMAN: Mother, actress and stiletto-wearer Paltrow is on "Late Show."

(10 p.m., PBS).

HOT LINEUP

Gwyneth Paltrow, Richard Lewis and the Roots with Chrissie Michele appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)

	5.27.08	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS														
WRC	(4)	News (N) CC		NBC Nightly News	Access Hollywood	Outrageous	Outrageous	Law & Order: Special Victims Unit	O	Law & Order: Special Victims Unit	O	News (N) CC	Tonight Show	
WTG	(5)	News (N)	TMZ (N) O CC	The Simpsons	Seinfeld O CC	The Moment of Truth (N) O CC	Hell's Kitchen (N) O CC			News (N)		News (N)	TMZ O CC	
WJLA	(7)	News (N) CC	ABC Wid News	Wheel of Fortune	Jeopardy! (N)	According to Jim	According to Jim	Samantha Who?	Samantha Who?	Boston Legal "Hope and Gory" CC		News (N) CC	(35) Nightline (N)	
WUSA	(9)	News (N) CC	Evening News	News	Entertainment	NCIS "Smoked" O CC	The Unit "M.P.s" O CC	48 Hours: Polygamy, World Apart		News (N) CC	Late Show			
WDCA	(20)	Judge Judy (N) O	Judge Joe Brown	King of Queens	King of Queens	Street Patrol O	Street Patrol O	Jail O CC	Jail O CC	Every-Raymond	King of the Hill O	Law & Order: Criminal Intent CC		
WMPT	(22)	The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.	Nova "Master of the Killer Ants" O		Frontline/World (N) O CC (DVS)	The History Project O CC (DVS)		Travels-Edge	Smart Travels			
WETA	(26)	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Master of the Killer Ants" O	American Experience "Truman" O (Part 2 of 2) CC (DVS)			Frontline/World (N) O CC (DVS)					
WHUT	(32)	World Business	Tavis Smiley O	BBC World News	Moneywise	Mystery! Lynley investigates the death of a horse trainer.		Never Too Old	BBC World News	Tavis Smiley O	Charlie Rose (N) O CC			
WDCW	(50)	My Wife and Kids	Friends O CC	Two/Half Men	Two-Half Men	Beauty and the Geek CC	Reaper "Pilot" O CC		Friends O CC	Sex and the City	Family Guy CC	Family Guy CC		
A&E		CSI: Miami "Born to Kill" O CC		"The Andromeda Strain" (2008) (Part 1 of 2) Benjamin Bratt, CC				"The Andromeda Strain" (2008) (Part 2 of 2) Benjamin Bratt, Premiere, CC				"The Andromeda Strain" (2008) CC		
Animal		The Crocodile Hunter CC	Predator vs. Prey CC		Raw Nature "Hanging by a Thread"		Maneaters CC			Animal Corps Houston Hungry horses.		Raw Nature "Hanging by a Thread"		
BET	106 & Park: BET's Top 10 Live CC			The Boot CC	*	"How to Be a Player" (1997) Bill Bellamy, Natalie Desselle. Premiere, CC			College Hill: Atlanta CC		Iron Ring CC	Com.-呈现		
Bravo	Real Housewives of NYC	Real Housewives of NYC	Real Housewives of NYC	Real Housewives of NYC	Real Housewives of NYC	Real Housewives of NYC	Real Housewives of NYC	Work Out "Mom vs. Mom" (N)				Real Housewives of NYC		
Comedy	Weeknd-Ber. 2	RENO 911! CC	Scrubs O CC	Scrubs O CC	Daily Show	Colbert Report	Futurama CC	South Park CC	Brian Regan: Standing Up CC	Daily Show	Colbert Report			
Court	World's Wildest Police Videos CC	Cops O CC	Cops O CC	Speeders	Speeders	Speeders	Speeders	World's Wildest	American Jail	American Jail	Forensic Files	Forensic Files		
Discovery	Cash Cab CC	Cash Cab CC	How It's Made	How It's Made	Deadliest Catch "Seeking the Catch"	Deadliest Catch (N)	The Alaska Experiment (N)	On the Road With 16 Children CC	Multiple Miracles CC	Deadliest Catch				
DISCH	Code Blue CC		Trauma: Life in the ER CC	Multiple Miracles CC	The Bailey Multiples CC									
Disney	Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	** "Brother Bear" (2003) Voices of Joaquin Phoenix.		Wizards-Place	Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana			
E!	Living Lohan	Chelsea Lately	E! News (N)	The Daily 10 (N)	Wildest Dating 2	Kardashians	Pussycat Dolls: True Hollywood Story	Girl Next Door	Denise Richards	E! News	Chelsea Lately (N)			
FX	(4:30) *** "Coach Carter" (2005) Samuel L. Jackson, Robert Ri'chard.				** "Radio" (2003) Cuba Gooding Jr. A football coach mentors a mentally impaired young man.				** "Radio" (2003, Drama) Cuba Gooding Jr., Ed Harris.					
HGTV	Open House	Hidden Potential	House Worth?	House Hunters	Designed to Sell	My Kitchen	Secrets That Sell	Open House	House Hunters	House Hunters	House Worth?	Hidden Potential		
Family	8 Simple Rules O	8 Simple Rules O	Grounded for Life	Grounded for Life	America's Funniest Home Videos	Homie awards. O CC			America's Funniest Home Videos O		The 700 Club CC			
History	Wild West Tech "Vigilante Tech"		Marvels: World's Biggest Machines	Mega Disasters "Mega Drought"	Mega Disasters "Noah's Great Flood"		Ancient Discoveries "Super Navies"		History of Sex "Ancient Civilizations"					
Lifetime	Reba "Surprise"	Reba O CC	Still Standing O	Still Standing O	Reba O CC	Reba O CC	** "Casualties of Love: The Long Island Lolita Story" (1993, Drama) CC		Will & Grace O	Will & Grace O				
MTV	The Real World O CC	The Paper O	The Paper O	A Shot at Love With Tila Tequila O	A Shot at Love With Tila Tequila O	A Shot at Love With Tila Tequila O	A Shot at Love With Tila Tequila O	A Shot at Love With Tila Tequila O	A Shot at Love With Tila Tequila O	A Shot at Love With Tila Tequila O				
NICK	SpongeBob	SpongeBob	H2O "Surprise!"	Zoey 101 CC	SpongeBob	Drake & Josh O	Home Improve.	Home Improve.	George Lopez O	George Lopez O	Fresh Prince	Fresh Prince		
SCIFI	Stargate SG-1 "Paradise Lost" CC	Stargate SG-1 "Prototype" O CC	Stargate SG-1 O (Part 1 of 2) CC	Stargate SG-1 O (Part 2 of 2) CC				ECW (Live)			"Minotaur" (2005, Horror) Tom Hardy.			
SPIKE	CSI: Crime Scene Investigation O	CSI: Crime Scene Investigation O	CSI: Crime Scene Investigation CC	CSI: Crime Scene Investigation CC	CSI: Crime Scene Investigation CC	CSI: Crime Scene Investigation CC	CSI: NY "Tanglewood" O CC							
TBS	Friends O CC	Every-Raymond	Every-Raymond	Family Guy CC	Family Guy CC	Family Guy CC	Family Guy CC	The Office CC	The Office CC	Sex and the City	Sex and the City			
TLC	What Not to Wear "Katherine" CC		The New Detectives "Broken Trust"	48 Hours: Hard Evidence CC	48 Hours: Hard Evidence		48 Hours: Hard Evidence CC	48 Hours: Hard Evidence CC						
TNT	Law & Order "Double Down" O		Law & Order "Open Season" O	Bones "The Woman in the Garden"			NBA Basketball Western Conference Final Game 4 -- Los Angeles Lakers at San Antonio Spurs.				Inside the NBA			
USA	Law & Order: Special Victims Unit O		Law & Order: Criminal Intent CC	Law & Order: Special Victims Unit O	** "The Pacifier" (2005, Comedy) Vin Diesel, Lauren Graham. CC				(05) Monk CC					
VH1	Miss Rap Supreme O CC		The Flavor of Love "Reunion" O	Embarrassing Moments 2 O	Maxim Hot 100 Celebrity women. O		Sex: The Revolution CC			(05) Sex: The Revolution CC				
SPAN	TELEM	Los Plateados	Noti-Telemundo	12 Corazones	La Traicion	Victoria		Pecados Ajenos		Noti-Telemundo	Titulares y Mas			
UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Al Diablo con Los Guapos	Fuego en la Sangre		Aquí y Ahora			Primer Impacto	Noticiero Univ.			
SPORTS	ESPN	SportsCenter (Live) CC	MLB Baseball	Los Angeles Dodgers at Chicago Cubs. From Wrigley Field in Chicago. (Live) CC			Baseball Tonight (Live) CC							
ESPN2	Tennis	NASCAR Now	WNBA Basketball	Indiana Fever at Connecticut Sun. (Live) CC	2007 World Salsa Championships (N)		Motorcycle Racing Moto X World Championships. From San Diego.							
CSN	SportsNite CC	SportsNite CC	College Baseball	ACC Tournament Final -- Teams TBA. From Jacksonville, Fla.			SportsNite CC	SportsNite CC		Washington Post Live				
NEWS	CNN	(4:00) The Situation Room	Lou Dobbs Tonight CC	CNN Election Center	Larry King Live CC		Anderson Cooper 360 CC							
FNC	Special Report CC		The Fox Report With Shepard Smith	The O'Reilly Factor CC	Hannity & Colmes CC		On the Record-Van Susteren							
MSNBC	Race for White House-David Gregory	Hardball CC		Countdown With Keith Olbermann	Verdict With Dan Abrams		Countdown With Keith Olbermann							
Movies	AMC	** "Striking Distance" (1993, Suspense) Bruce Willis. 'R' CC		**** "Million Dollar Baby" (2004) Clint Eastwood. A cantankerous trainer bonds with a female boxer. 'PG-13'			** "The Karate Kid, Part Two" 'PG'							
TCM	** "Love Has Many Faces" (1965, Drama) Lana Turner. 'NR'			*** "Voyage of the Damned" (1976) Faye Dunaway. A captain returns a ship of Jewish refugees to Germany.			*** "Little Big Man" (1970) CC							
HBO	Iron Jawed	Hear and Now O CC		*** "300" (2007, Action) Gerard Butler, Lena Headey. O 'R' CC			** "The Sentinel" (2006, Suspense) Michael Douglas. O 'PG-13' CC							
MAX	(5:50) *** "Transformers" (2007, Action) Shia LaBeouf. O 'PG-13' CC		(15) ** "Another 48 HRS." (1990, Action) Eddie Murphy. O 'R' CC	(15) *** "The Dead Girl" (2006, Drama) Toni Collette. iTV. O 'R' CC			*** "Blood Diamond" (2006, Adventure) Leonardo DiCaprio. O 'R' CC							
SHOW	Larry-Cable	** "School for Seduction" (2004) Kelly Brook. 'R' CC		(15) *** "Big Nothing" (2006, Comedy) Simon Pegg. O 'R' CC			The Tudors (ITV) O CC			This Am. Life	End of Century....			
TMC	(5:30) * "A Night at the Roxbury"		"Death to the Supermodels" (2005) Jaime Pressly. O 'R'	"Big Nothing" (2006, Comedy) Simon Pegg. O 'R' CC			** "The Gate" (1987, Horror) Stephen Dorff. 'PG-13'			Shadowboxer				
STARZ!	(4:10) *** "The Insider" (1999) 'R'		(6:50) *** "Reign Over Me" (2007, Drama) Andre Sandler. O 'R' CC		★ "Redline" (2007) Nathan Phillips. O 'PG-13' CC				(35) ** "The Bone Collector" (1999) O 'R' CC					
ENCORE	(15) ** "Disney's The Kid" (2000, Comedy) Bruce Willis. O 'PG' CC			★ "Invincible" (2006) Mark Wahlberg. The story of football's Vince Papale.					(9:50) *** "Tombstone" (1993, Western) Kurt Russell. O 'R' CC					

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Stars and Stripes, daily newspaper for U.S. Military overseas, has openings for a sports page layout copy editor and a web assistant in our Washington, DC, office. E-mail your resume to:

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Attention: Human Resource Committee
330 21st St., NE,
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- Previous Supervisory Front Desk experience.

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DynCorp International, a global company that provides services essential to national security, humanitarian operations, nation building, peace-keeping and military aviation is seeking an AFRICAP Program Manager.

Must demonstrate success at strategic level engagement with multiple customers - U.S Embassies/Country Teams; Host Nation Leadership, U.S. Combatant Commands, and Non-Governmental Organizations.

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- Successful planning, supervision and execution of a complex, multifaceted international program in Africa.
- Ensuring a high degree of customer satisfaction by quality on-time performance
- Review and submission of all proposals submitted in response to Department of State RFP(task orders).
- Provides status to upper management of operations and approaches on solution to problems of the operations.
- Responsible for growing existing business within the AFRICAP Program and developing new business in Africa.
- Ensures compliance with company policies and procedures and other practices set forth by upper management directives.
- Responsible for DI AFRICAP Program Operations, Logistics, Plans, Contracts, Human Resources, Finance, Management Information Systems, and Quality Assurance.
- Responsible for all AFRICAP Program monetary resources and ensures compliance with DI budget requirements and the Federal Acquisition Regulation (FAR).
- Secret security clearance is required. Performs other duties as assigned.
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Required: A research-oriented doctoral degree in a discipline associated with health services research (e.g., epidemiology, economics, sociology, health policy and management, etc.) and a demonstrated capability to design, conduct/ manage, and report on population-based research using data from a variety of sources (e.g., claims data, survey data, etc.), OR a masters degree in a discipline associated with health services research (as described above) and at least five years' experience in a position with a record of successfully designing, conducting/managing, and reporting on population-based research using data from a variety of sources (e.g., claims data, survey data, etc.). Additionally, experience in designing study (research and evaluation) protocols, supervising field work, managing and manipulating large databases, performing appropriate analyses, and preparing and presenting reports is essential. Experience managing and manipulating large databases, advanced SAS or SPSS programming skills and spreadsheet capabilities, competence in statistical analysis, and excellent writing and communication skills are essential.

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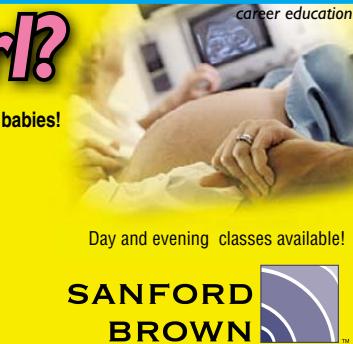
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Toyota 2002 Highlander — Limited, \$13,895 obo (won't last), Excellent cond, 95k, Silver, Htd Seats, Lthr int, ABS, New Brakes, 703-340-5105

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The Visual Vocabulary

Technology

Scholars film a video lexicon of American Sign Language terms

Even though Joan Nash has been using American Sign Language for most of her life and has made a career of teaching deaf and hear-

ing-impaired children, she is sometimes stumped when she encounters a sign she has never seen.

She can't just look it up in a dictionary. At least not yet.

Nash, a doctoral student at Boston University, is part of a team working on a video project that would allow someone to demonstrate a sign in front of a camera, and have a computer program interpret and explain its meaning.

"Sometimes when I see a sign I

INSIDE

Jenn and John have a history | 34



Styles: Undies for Carrie wannabes | 31

Discussion: Lisa de Moraes on 'Betty' | 32



STEPHAN SAVOIS/AP

SIGNS OF HIGH-TECH TIMES: Elizabeth Cassidy is filmed for an ASL dictionary.

don't know, it can be frustrating, as you run around asking people and trying to find out what it is," she said.

American Sign Language has no

written form, and even though there are print and video ASL dictionaries, one needs to know the meaning of the word to look up the sign. That's like trying to learn the mean-

ing of a foreign word by looking it up under its English equivalent.

The researchers, working with a three-year, \$900,000 grant from the National Science Foundation, are in the early stages of the project, capturing thousands of ASL words on video in a Boston University lab.

The goal is to develop a lexicon of more than 3,000 signs. The meaning of each sign is not determined just by the shape of the hands, the movements of the hands and arms, or even the facial expressions.

As Nash scrolls through hundreds of words in English, Elizabeth Cassidy, a native ASL speaker, signs them for four cameras. Cassidy is one of four "linguistic consultants" who will eventually sign for the cameras. "A project like this is a long time coming," she said.

The goal is to use the technology to develop a multimedia ASL dictionary to help parents better communicate with deaf children and to help sign language students.

MARK PRATT (AP)

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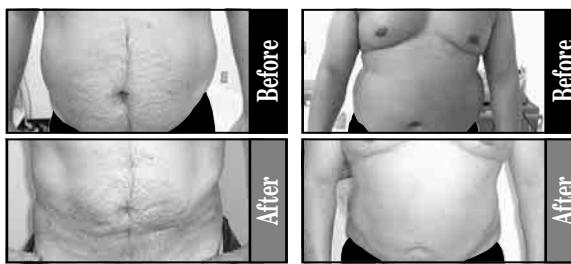
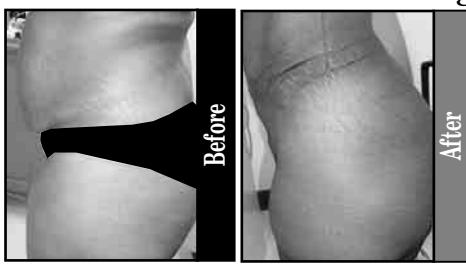
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The Greatest Getaway

Travel

Family-friendly beach on Fla. island is named the best in the U.S.

Kaylee Sturm sat in the low surf, the warm waters of the Gulf of Mexico lapping around her.

The University of Tampa senior had never been to this barrier island north of Clearwater, but she and her mother were immediately impressed by Caladesi Island, Fla.

"The water's just more beautiful here," Sturm said, adding that she preferred it to other Gulf Coast beaches.

Caladesi Island earned the honor of being named the best U.S. beach in 2008 for an annual list compiled by Florida International University professor Stephen P. Leatherman, also known as Dr. Beach.

The runners-up on Leatherman's list, released last Thursday, were Hanalei Beach, Hawaii; Siesta Beach in Sarasota, Fla.; Coo-



CRAIG LITTEN/AP

SUN, SAND, SURF: The white sand beach on Florida's Caladesi Island was named the best beach in the United States.

pers Beach in Southampton, N.Y.; Coronado Beach in San Diego; Main Beach in East Hampton, N.Y.; Hamoa Beach, Hawaii; Cape Hatteras, N.C.; Cape Florida State

Park near Miami; and Beachwalker Park on Kiawah Island, S.C.

Leatherman compiles his list as part of the National Healthy Beaches Campaign.

Caladesi's fairly remote location factored into Leatherman's rankings — and why Sturm and her mother, Cynde Jayden, were awed by it.

"It's an island getaway," said

Leatherman, who studies changing coastlines and has released his annual list since 1991. He noted that despite being in the densely populated Tampa Bay area, many nearby residents have never visited Caladesi.

Most beachgoers reach the island by a 15-minute, \$9 ferry ride. Visitors — unless they bring their own boat — are limited to four-hour stays at the beach, which is a state park.

While more remote than the tourist mainstays of Clearwater or Miami, Caladesi still has showers, restrooms, kayak and beach chair rentals, and a snack bar.

Caladesi's white quartz sand beach owes its creation to a 1921 hurricane, which separated it from nearby Honeymoon Island. Caladesi became a state park in 1968.

The waves are generally low on Caladesi, which Leatherman said adds to its family-friendly atmosphere. He uses 50 criteria — including quality tests on water, sand and amenities — to make his assessments.

"It's not just about going out and kicking sand," Leatherman said.

But for tourists, it is.

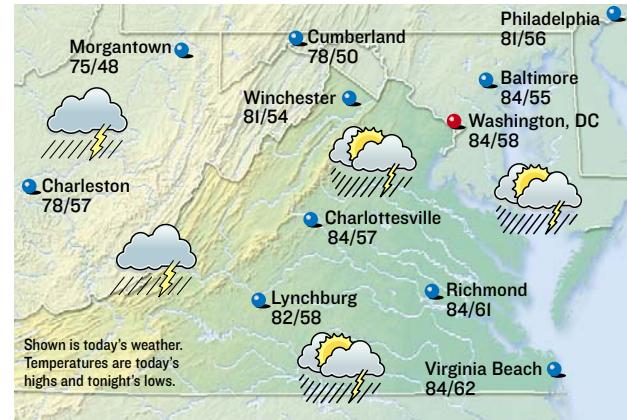
Jayden, 52, spent a recent weekday trying to get a tan before returning to her home near Pittsburgh. "I like that you can just see forever," she said. "There's no world out there."

ANTHONY MCCARTNEY (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Clouds and sun, a t-storm; humid 84°	Cloudy with a couple of t-storms 58°	Cooler with clouds breaking 70° / 53°	Beautiful with sunshine 73° / 58°	Sunshine 79° / 62°	Partly sunny 80° / 66°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	85°
Low	59°
Normal high	78°
Normal low	59°
Average humidity	53%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	9.21"
Normal month to date	3.22"
Year to date	22.47"
Last year to date	13.49"
Normal year to date	15.54"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, partly sunny, a thunderstorm. High 84. Wind southwest 10-20 mph. Tonight, cloudy, thunderstorms. Low 58. Wind north 10-20 mph.

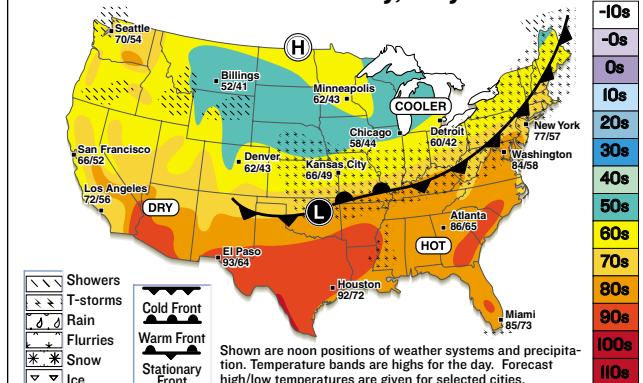
Sun and Moon

Sunrise today 5:47 a.m.
Sunset tonight 8:24 p.m.
Moonrise today 1:21 a.m.
Moonset today 12:25 p.m.

Last	New	First	Full

May 27 June 3 June 10 June 18

National Weather for Tuesday, May 27



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	86/65/pc	83/67/t	Amsterdam	63/58/c	68/54/r
Boston	78/51/t	64/49/s	Athens	81/63/s	82/63/s
Chicago	58/44/pc	63/45/pc	Berlin	75/54/pc	77/57/pc
Dallas	92/71/s	86/70/t	Buenos Aires	63/37/sh	52/37/pc
Denver	62/43/r	77/52/pc	Calgary	57/39/pc	68/43/pc
Honolulu	86/73/s	87/74/s	Dublin	55/48/c	57/50/r
Los Angeles	72/56/pc	73/57/pc	Geneva	77/56/pc	76/59/c
Miami	85/73/s	86/76/pc	Moscow	64/43/s	66/45/c
New York City	77/57/t	67/54/s	Rome	82/59/s	81/59/pc
Orlando	86/68/s	88/68/s	Sydney	68/55/pc	67/52/pc
Seattle	70/54/c	66/50/c	Tokyo	77/63/s	73/64/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK
out



UNDERWEAR NOT INCLUDED: Kristin Davis (Charlotte), Kim Cattrall (Samantha) and Cynthia Nixon (Miranda) reprise their "SATC" roles in movie theaters this Friday.

Sex and the Skivvies

Want to be like Carrie Bradshaw? Well, for starters, buy a bra

With no other Hollywood characters filling the shoes of the ladies of "Sex and the City" in the years the TV series has been dormant, the fashion industry has been eagerly waiting to see how Carrie, Charlotte, Samantha and Miranda look when they emerge from hibernation.

So, it's no coincidence that the splashy feature film opening at the end of the month has a long list of fashion marketing tie-ins — right down to your underwear. Lingerie brand Cosabella created a "Sex and the City"-inspired line, and stores across the country are welcoming it with themed cocktail parties.

The collection by Cosabella

— a staple for the HBO show — includes mini-collections based on each of the character's tastes in lace and satin. The Carrie look is the most funky and fashion-forward, including a bustier top with a black background, floral print and leopard trim, while Charlotte's more demure loungewear outfit is all in an ivory color and made of an eco-friendly bamboo fabric.

Samantha's set is characteristically racy and in a bright coral, while Miranda's violet-and-turquoise pieces are sophisticated in their design yet bold because of the colors.

"It's all stuff I would sell anyway," says Meghan Kendall, owner of Pretty Thing boutique in Beverly Hills, Calif. "It's true to the Cosabella line — some trendy, some elegant, some sexy, but all beautiful colors and beautiful fits."



"Sex and the City" lingerie as seen at Pretty Thing boutique in Beverly Hills.

At the upcoming theme party at her store, she'll offer Skyy Vodka cocktails and have aspiring male actors and models serve them. (The Carrie drink is dubbed "the new cosmo" and includes mango nectar instead of cranberry juice.)

As soon as Gretchen Reachmack, owner of Wildflowers Lingerie in

We didn't all want to look like Carrie [and co.] ... but we used them as a guide."

GRETCHEN REACHMACK, STORE OWNER

Chicago, saw the Cosabella offerings, she knew it would warrant a party. "All of my girlfriends love 'Sex and the City,' so, how could I not have them over and celebrate the new movie?"

She expects 200 people and plans to go with them to a bar.

The excitement among her friends is genuine, Reachmack says, because no entertainment brand — not a film, TV show or music icon — has filled the fashion void left by Carrie and her crew.

"From a fashion perspective, 10 percent of all women have their own fashion sense, and they don't need to be guided. The rest of us need to be guided," she says. "Maybe we didn't all want to look like Carrie and her friends, but we used them as a guide, and they helped us brand out and be more feminine, have more vision and individuality for ourselves."

SAMANTHA CRITCHELL (AP)

Beauty



A Stain That's Good?

Staining is so rarely a good thing. Remember your favorite white T-shirt and the marinara run-in? So, despite the cult following of Benefit's long-time best-seller Benetint, we can't quite endorse smearing our cheeks with something so dark and long-lasting. Plus, it stained our fingertips red. Luckily for those of us shyer with our cheek color, a lighter pink sister of the famous blush is out. Although it appears a shocking Pepto-esque shade, **POSIEINT** (\$28, Sephora) blends in for a soft but lasting girlish glow. ERIN CLEMENTS RUSHING

Beauty

What's in a Name?

Anything with the word "stick" in the title sounds like either a snack or a form of punishment. **NIC'S STICKS** (in 24 colors, \$7, Target) from OPI spin-off brand Nicole are neither. They are pens full of nail polish with brushes on the business end, allowing for mani-pedis with far less chance of spillage. They're truly easy to use, but what we most enjoy are the names, several of which have so little to do with their colors they suggest the marketing department just gave up thinking of puns (like Orange You Fast) and started free-associating. Dark blue ... my phone is blue ... I use my fingers to dial ... fingers have nails ... Call My Cell! HOLLY J. MORRIS (EXPRESS)



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MUSIC

New Dawgs, Old Tricks

Old School Freight Train, which plays Jammin' Java on Tuesday, has been called new-generation "Dawg music," the term used to describe David Grisman's brand of fusion bluegrass. But since adding a drummer, mandolinist Pete Frosst told Rudi Greenberg, the group is post-Dawg. | COMING UP



FREE RIDE

Their Crime, You Pay

Although most museums are generally hailed as kid-friendly destinations, the new Museum of Crime and Punishment does not fit that mold. Fiona Zulbin explains why you should not take your children to experience the museum's grisly motif. | ONLINE NOW



ENTERTAINMENT

Stay Beautiful

Duran Duran started as an art-school project 30 years ago, and while the group's MTV days are over, it's still making great pop music. The band plays Merriweather on Tuesday to support its latest CD, and Tim Follos spoke with keyboardist Nick Rhodes. | COMING UP

comment board

“As before, I'm sure [Harrison] Ford & [Steven] Spielberg have done their best to entertain us. I don't allow critics to determine what movies I like or dislike."

COMMENTER NANCY, WHO ADDED, "BESIDES, IF ROCKY COULD GO ANOTHER ROUND, WHY NOT INDIY?"



"I am a huge 'Indy' fan. I think they did fans a disservice with this most recent addition. They tried to make something they thought the fans would like, instead of something true to the series."

COMMENTER AK, RESPONDING TO FRIDAY'S POLL CENTER QUESTION, "DO YOU THINK IT WAS A GOOD DECISION TO MAKE ANOTHER 'INDIANA JONES' SEQUEL?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK IT WAS A GOOD DECISION TO MAKE ANOTHER 'INDIANA JONES' SEQUEL?

63% YES **37%** NO

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"70 bucks used to buy you a nice date with the wife. Now, it gets you one measly tank of gas."

FAIRCLOTHFIVE.BLOGSPOT.COM CAN'T GET OVER HOW MUCH HE PAID TO FILL UP HIS CAR OVER THE WEEKEND, ADDING, "THAT'S GOING TO MAKE ANY MAN PAUSE AND RE-EVALUATE THINGS."



GENEPAGE/HBO/AP

"My wife is a registered Democrat, and I'd like to think her party is collectively smarter than it's portrayed in 'Recount.'"

MARKGUPPY.COM WAS LET DOWN BY THE HBO MOVIE "RECOUNT," THE STORY OF THE 2000 PRESIDENTIAL ELECTION, ADDING, "I THINK THE FILM TRIES TO BE TOO FAIR TO REPUBLICANS."



Discussions

The TV Column

Post TV columnist **LISA DE MORAES** was online Friday and talked about the season finales of shows such as "American Idol" and "Ugly Betty."

I watched "Ugly Betty" last night. If you blinked, you would have missed LiLo's guest appearance. Naomi Campbell deserves an Emmy for her effort, by comparison.

I did blink (actually, it's called getting home late and not setting up the DVR, but the effect is the same) and missed LiLo's appearance. What did she even

do? Naomi Campbell must be nominated for an Emmy for best guest actress, and she must NOT win, so we can see her punch out the TV Academy official sitting closest to her on Emmy night.

So, which of this year's "Idol" contestants do we think will actually emerge as successful musicians out of all this? On the flip side, who will end up parking cars with Sanjaya or struggling sadly for relevance like Constantine or Justin?

Sadly, I do not think anyone will pick up Carly Smithson for a recording contract. She's kind of toxic since that WSJ story about her previous record deal. Baby Elmo will do just fine in Branson. Jason Castro will

join Justin Guarini or Constantine Maroulis or whoever it is who hosts that Fox Reality Channel's "Idol Recap" show.

I noticed that "Project Runway" starts a new season in July. Usually, there seems to be a big gap. Is Bravo trying to get a final season in before it changes networks?

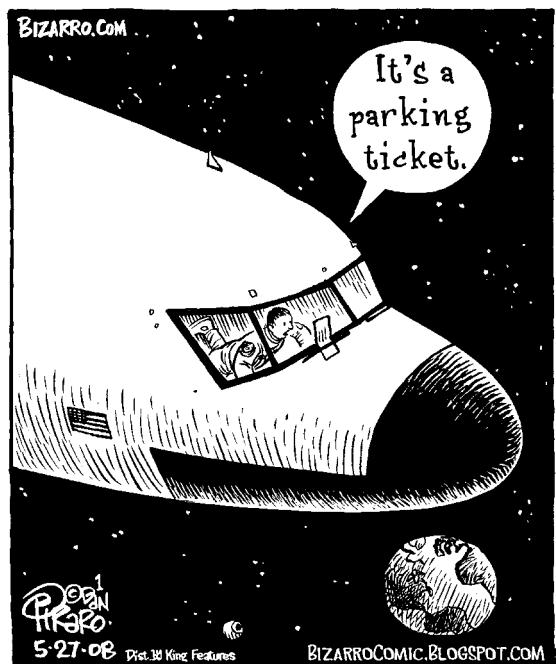
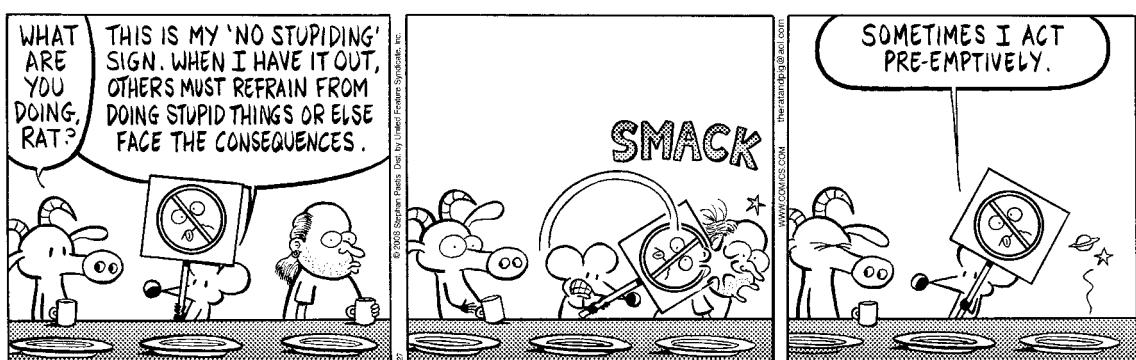
This season was already in the works before "Runway" producers announced they were saying bye-bye to Bravo and moving to — gak — Lifetime.

TODAY ON DISCUSSIONS: Writer T.M. Shine rants about, reflects on and commiserates over joining the ranks of the unemployed at 1 p.m. | washingtonpost.com/discussions.



EXPECT LESS BACKUPS ON THE BAY BRIDGE. The Maryland Transportation Authority has announced it's putting all major construction projects — including the re-decking project — for the Bay Bridge on hold for the entire summer. Minor bridge preservation projects will continue.

LOOK out

Bizarro | Dan Piraro**Cornered** | Mike Baldwin**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy

Horoscope

By Stella Wilder

GEMINI (May 21-June 20) It is essential that you listen to what others have to tell you. Though some info will be forgettable, one particular message is key.

CANCER (June 21-July 22) Someone is pushing you to the breaking point. Do everything you can to control your reactions and avoid a major conflict.

LEO (July 23-Aug. 22) You have a secret that may have to be revealed before you can begin to progress at the desired rate once again.

VIRGO (Aug. 23-Sept. 22) You'll be able to bring your experience to a new endeavor, allowing you to enjoy early success unlike anything you may have expected.

LIBRA (Sept. 23-Oct. 22) You'll be welcomed into a new circle, provided you ask the best of yourself—and deliver it when the time comes.

SCORPIO (Oct. 23-Nov. 21) You'll derive a great deal of inspiration from the plight of someone else who has been close to you for some time. You can jump in

and help out.

SAGITTARIUS (Nov. 22-Dec. 21) You're in no mood for a lot of fuss and complication. You want what you want—and you want it now: simply, clearly and quickly.

CAPRICORN (Dec. 22-Jan. 19) Are you really on track at this time? This is a good day to look back and assess your progress during the first few weeks of the year.

AQUARIUS (Jan. 20-Feb. 18) Avoid expressing yourself in any way that can be misunderstood or misinterpreted. Play it safe, and follow the rules when confronting others.

PISCES (Feb. 19-March 20) Unexpected developments may leave you wondering if you really do have any control over your own decisions at this time. Be flexible and open-minded.

ARIES (March 21-April 19) What you have in store for someone else is likely to make up for any damage he or she has done to you in the recent past. Don't overdo it, however.

TAURUS (April 20-May 20) You can enjoy a little extra thrill simply by doing something routine in a new and unexpected manner. You can attract a lot of attention.



Pedestrians cross San Francisco's Golden Gate Bridge on its opening day in 1937.

Today in History

1818 American reformer Amelia Jenks Bloomer, who popularized the garment that bears her name—"bloomers"—is born in Homer, N.Y.

1933 Walt Disney's Academy Award-winning animated short "The Three Little Pigs" is released.

1937 The newly completed Golden Gate Bridge connecting San Francisco and Marin

County, Calif., is opened to pedestrian traffic. (Vehicular traffic began crossing the bridge the next day.)

1941 The British navy sinks the German battleship Bismarck off France, with a loss of more than 2,100 lives.

1964 Independent India's first prime minister, Jawaharlal Nehru, dies.

2007 Dario Franchitti wins a rain-abbreviated Indy 500.

Look out People



MELISSA LYTTLE/AP

Paterson just wanted that eye patch.

GOVERNMENT

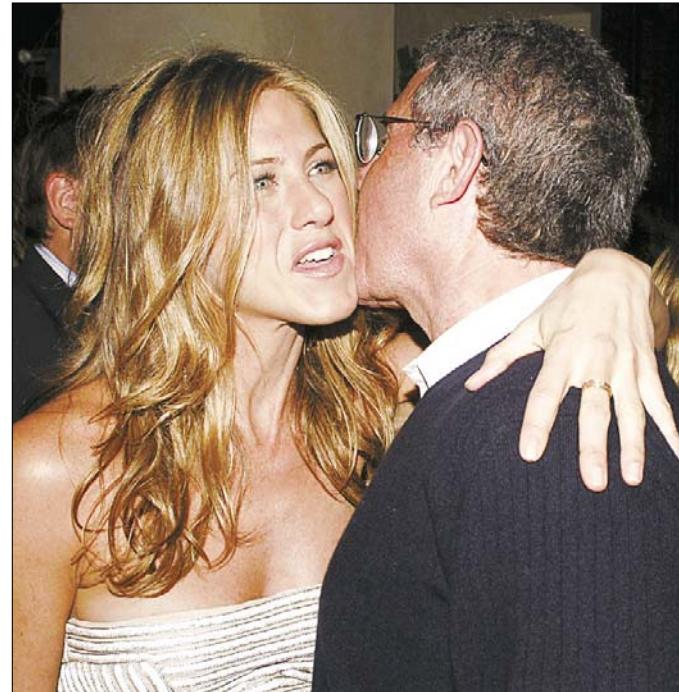
Gov. Wins Over Rap Lobby
Rapper **RICKY "SLICK RICK" WALTERS**, who spent more than five years in prison on a 1991 attempted-murder conviction, was granted a full and unconditional pardon Friday by New York Gov. David Paterson. (AP)

NO WAY! YES WAY!

Hollywood Actress at Liberal School Bashes Bush



JESSICA LANGE bashed the Bush administration and denounced the war in Iraq during a commencement address at Sarah Lawrence College in Bronxville, N.Y. (AP)



STEPHEN SHUGERMAN/GETTY

URGENT

Correction!

Cradle-robber **JENNIFER ANISTON**, left, and cradle-robbee John Mayer have perhaps been together longer than the tabloids have suggested. According to the New York Post's Page Six, the couple had been seeing each other for three months before they were ousted in April. (EXPRESS)

MEDIA

Carmen Electra Speaks; We Transcribe

"I hope to be a mom some day, but I'm not rushing to be one," **CARMEN ELECTRA** told People.com while at Foxwoods in Connecticut. "It would be a lot of fun. A lot of hard work, but I'll look forward to it someday." What else is she doing? She met fiance Rob Patterson's parents. "They're



From her mouth to People.com to this paper!

really cool," she told People. "We had a great day today and ... we're looking forward to doing some dancing." But what ELSE did she say? "[Stripper poles are] so much fun," she says. "I actually put one up in my living room with the help of a girlfriend." (EXPRESS)

OLD-SCHOOL

Children Fail to Grasp Concept of Non-CGI Stunts

ROBBIE "KAPTAIN" KNEIVEL, son of the late daredevil Evel Knievel, successfully jumped over 24 delivery trucks Saturday in Mason, Ohio, at the site of one of his father's most famous stunts. "Hopefully, I'll see you after the jump," Knievel told the crowd before he climbed the start ramp. Knievel, 46, had said he would need to be going 95 miles per hour at take-off for the 200-foot jump, which took place at Kings Island amusement park near Cincinnati. (AP)



DAVID KOHL/AP
Astonishingly, this image was not produced using blue-screen technology.

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LOOKout

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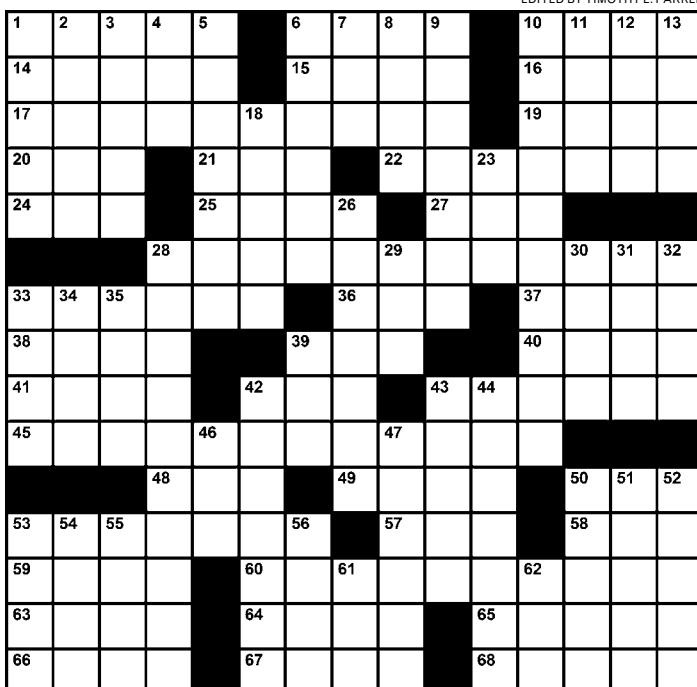
1 Sacred song
6 Chatter thoughtlessly
10 Bread woe
14 "Fantastic Voyage" route
15 Old Bologna bread
16 Parisian lady friend
17 One place to get a cone
19 Middle East hot spot
20 \$200 Monopoly properties, briefly
21 Yes, in Paris
22 Sub head
24 "Vietnam" suffix
25 A file that can't be opened
27 Fail to go straight
28 Lines form in front of it
33 Alternate name for Mount McKinley
36 End of a break, often
37 Skin
38 Nerve fiber
39 Videotape replacement
40 Verve
41 Hightailed it
42 "The Matrix" hero
43 Most skilled
45 "Great Scott!"
48 Rotating engine part
49 A word to Big Fella?
50 Mountain pass
53 Like Rushdie's

"Verses"

57 Associate of Tigger
58 It may appear after a while
59 Serengeti resident
60 Obsequious person
63 Arbuckle pooch
64 Site of newsworthy caucuses
65 Thick piece
66 Comes together
67 Zenith
68 Deserted

DOWN

1 Father in the army
2 Ascends dramatically
3 Bid the bed adieu
4 USPS delivery
5 Like certain elections
6 Like robins' eggs
7 "The check is in the mail," maybe
8 Sector
9 First-aid staple
10 It may be cast
11 Actor Sharif
12 Judy's daughter
13 Word said while shaking
18 It means "sorta"
23 X-ray relative
26 Irritate
28 Some stocking stuffers
29 Wrap up
30 Account
31 Periods of history
32 Utilize and return



33 Wee amount
34 World's Fair, for one
35 Oft-repeated carol word
39 End of the fourth qtr., typically
42 It used to be South West Africa
43 Fulfillment of a burning desire?
44 "Crazy in Love" singer
46 Hipster's

Friday's Solution

I	S	O	R	E	S	S	H	U	T	S	R	S
O	L	I	V	E		M	E	A	S	H	P	E
P	I	P	E	C	L	E	A	N	E	R	I	V
H	O	E	R	E	X	G	R	W	N	U	P	
M	E	D	I	C	I	W	I	D	E	S		
I	N	L	E	T	C	A	T	E	R	T	O	
T	O	I	L	M	O	N	T	U	S	C	A	N
E	R	G	W	I	N	D	B	A	G	T	I	E
M	A	H	L	E	R	A	I	L	T	O	M	S
T	O	B	A	C	C	O	B	U	R	S	T	
V	C	H	I	P	R	E	P	O	R	T		
S	I	R	O	N	A	G	E	S	I	R		
O	S	D	U	G	A	T	E	C	R	A		
R	E	A	S	E	V	A	N	S	E	H		

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Friday's Solution

6	1	5	9	8	3	2	7	4
2	9	3	7	6	4	8	5	1
7	8	4	5	1	2	9	6	3
8	6	7	2	4	9	3	1	5
4	3	9	1	5	6	7	8	2
1	5	2	3	7	8	4	9	6
5	7	8	4	2	1	6	3	9
3	4	6	8	9	5	1	2	7
9	2	1	6	3	7	5	4	8

9								
4	3							
5								
6								
8								
2								
3								
9								

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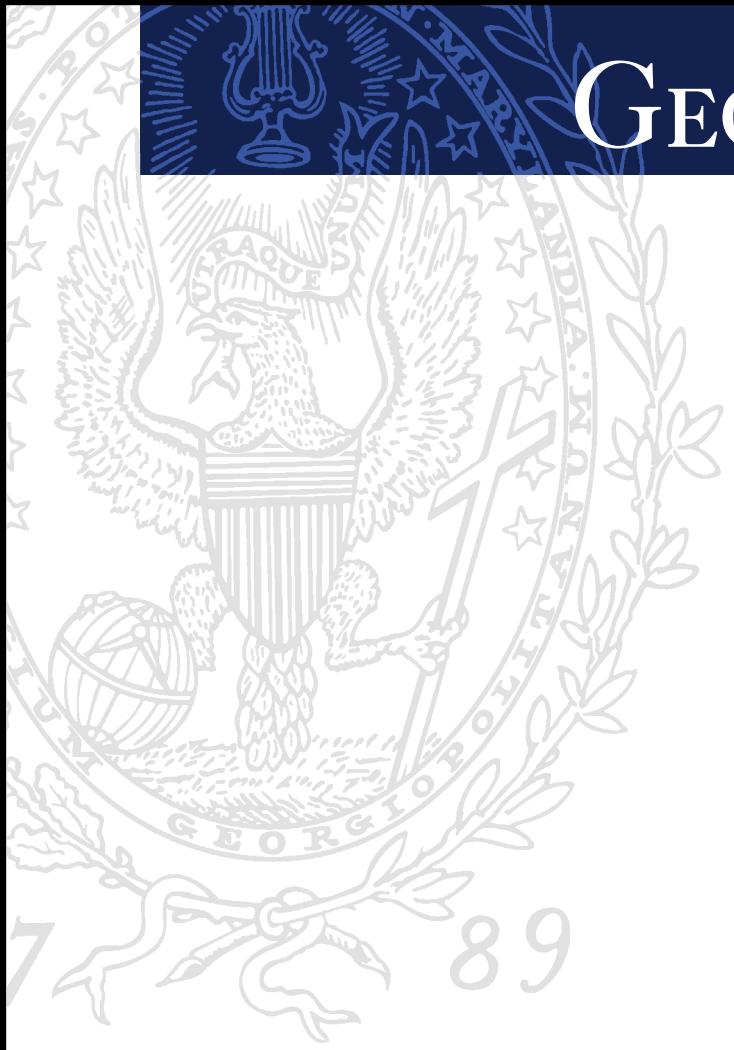
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THE FAIRER SEX ALONE **E4**



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Where Am I In His Picture?

Q My boyfriend is one of those people who has time for everyone except his girlfriend. His boss can call him at all hours. The waitress can tell him a story and he's all ears. He'd never miss a buddy's birthday. But when I've had a bad day and need some extra attention, he has a million other things to do. We've been talking marriage, but I fear he'll be that man who tunes out his family to read the paper. Will this change with time? — CONCERNED, VA.

It could, or it might stay the same. Or it might get so much worse that he eventually confuses you for the check-out lady.

It's hard to predict, in large part because we don't know what's



ERIC REECE

behind it. Is it something inherent in the dynamic of your relationship? Is it something about where he is in his career and social life? Is it a trait as ingrained as his unexplainable love for "City Slickers 2"?

One important question is whether he's always seemed to be

like this. If it's something that's grown worse over time, that implies it's changeable. On the other hand, it might mean that he's learned to take you for granted. If he's always been like this, it doesn't give me quite as much hope that he can change. But at least you don't have to wonder

whether it signifies deterioration in your relationship.

Communication, as always, is key. You have a chance to test whether you guys can get through a difficult issue — a must for anyone thinking of marriage. Without being accusatory, spell out exactly what you're really asking for (one person's "I need some extra attention" is getting a "How was your day?", while another's is a foot massage and a home-cooked meal.) Then, give him some time to see how he reacts, and you'll have an answer to your own question.

Green's Not My Best Color

Q I have major jealousy issues. It's the season of wedding showers and people's graduating with wonderful degrees, and my first thought is envy. Lately, I can't be truly happy for even my closest friends. — JUST CALL ME GREEN

If you'll forgive me, your greens don't sound mixed at all. They sound pure, uncomfortable and problematic. The fact that it's getting worse lately is a tip-off that, most likely, something has been nagging at your self-esteem. These rumblings — just like anxiety, irritability, sadness or guilt — are your brain's way of warning you that things aren't OK. Feelings can be stuffed, but if they aren't eventually given a chance to see the light of day, there's likely to be an explosion.

A good therapist can help you figure out why your self-worth is on hiatus and can help you build yourself up to the point that even though you may have fleeting tinges of jealousy here and there, you'll be able to enjoy yourself at the next wedding you go to — even if the bride has upper arms you'd kill for.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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Water Weight

■ Power walkers don't get many fitness toys. Other than pedometers, gadgetry neglects the slow. But not the Athlete's Oasis Personal Hydration System (\$20 per pair, Athleteosasis.com)! These puzzlingly shaped, hollow blue objects are, in fact, water bottles. They're meant to act as very light handweights during a workout — walking being by far the most obvious — and preventing thirst along the way.

While the handheld reservoirs draw stares from fellow walkers, they do provide an intriguing alternative to guzzling from the recently reviled Nalgene bottle. They're "good" plastic, free of BPA and phthalates, and the valve design is easy to work with just the thumb. (Just twist the trigger 90 degrees to open.) Our testers universally felt the weights were too light. The flip side: They'd be good for someone who needs a gentle intro to the whole "weight" concept. (Soon to come are add-on weights.) Meanwhile, one guinea pig suggests filling them with margaritas or coffee for an extra boost. HOLLY J. MORRIS (EXPRESS)



TEENY TRESSES

Washing a baby's hair can be like wrestling with an eel. But the new organic shampoo/body wash and conditioner from Nature's Baby (\$10-\$20 each, Naturesbabyprouducts.com) rinse out quickly and won't irritate infants' skin. It left adult hair soft as a you-know-what, too.



SWIRL PEACE

If power toothbrushes upset you, Crest's new Spinbrush Swirl (\$5, drugstores) promises to be as close to a normal brush as you can get. The Swirl is just a bit heftier than its manual kin and uses a quiet, gentle, gum-soothing tickle to polish power-shy teeth.



JACKIE IN A BOX

In "One-On-One Training With Jackie" (\$15, Lionsgate), Jackie Warner of Bravo's "Workout" proves she knows delts as well as drama. She seamlessly intersperses resistance moves with cardio bursts in each of the three 20-minute routines (upper, lower, core).



IT'S ALIIIIIVVVE!

Zukay's new line of five condiments (see Zukaylive.com for stores) contains friendly probiotic bacteria, which flourish in the salsas, ketchup and relishes via fermentation. They're tasty, but beware — you may not be used to food that bubbles, which our salsa did.

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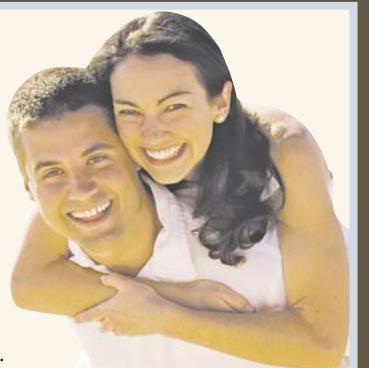
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THE MISFITS

Wait on Weight?

Q I run four to six days per week and recently added yoga with light weights

(3-pound dumbbells). But I always see recommendations to do weight training every other day. Does that still apply if I am working with light weights and holding poses, rather than lifting to fatigue? Would it be OK to do a different sequence every day? — MELISSA

■ I would never want to downplay the importance of downtime — heck, getting to rest is one of the best parts of exercise. And not working the same muscles daily in weight training is wise. After all, heavy lifting produces minute muscle tears, and it's when your body fixes them (which takes time) that you get stronger.

But yoga is a different kind of workout, and, usually, you're not attempting to reach fatigue. So, if you want to start every morning with a few sun salutations and downward dog, that's all right. In your case, even with the weights, it sounds like what you're doing could be sustainable on a regular basis.

Sherri Baptiste, author of "Yoga With Weights for Dummies," keeps up a similar daily routine. She considers the blend the best of both worlds, giving practitioners both the energy boost of a gym session and the bodily awareness of quality mat time. "But you have to be intelligent about it," Baptiste advises. "Draw in new exercises every day to stir it up." As part of that mix, you can include tough weight days, but those need to be balanced by restorative yoga days and days focused more on stretching.

Your plan to sample different sequences fits the bill. Just be aware of how much you're pushing yourself. In theory, 3-pound dumbbells don't seem like much. But depending on how you use those weights, you could be doing quite a number on your muscles. One tough day with weights might call for a follow-up just using your body, or even a day off.

@ Vicky Hallett is one of the Misfits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the Misfits at misfits@washingtonpost.com

See Jane Run. See Jane Bond

All-gals races lure women looking for camaraderie, encouragement

It's not that women don't like running with men. "But sometimes it's fun not to compete with them," says Andrea Vincent, 39, the Fairfax-based founder of SeeMOMMY run.com, which helps its 36,000 members find other women to walk, jog or sprint with.

That's why, in the spirit of women-only gyms, a slew of new races are catering to the fairer sex. In addition to having a more pronounced estrogen presence in the field — although several allow guys to run, too — organizers are altering the events to take into account what ladies like.

On June 1, the Zooma Women's Race Series (Zooma run.com) will launch with a half-marathon and 10K in Annapolis. Developed by 28-year-old Arlingtonian Brae Blackley, Zooma will be up and running in Atlanta this fall, and in Austin and Denver in 2009. San Francisco and Chicago are slated for 2010.

The schedule is ambitious, but Blackley is sure of her formula: Give the gals a good time with a post-race party (wine samples, spa treatments and live music), mark their accomplishment with a silver necklace instead of a clunky medal, and do anything possible to make it easier to participate. Packets can be picked up over several days at various stores throughout the area,



COURTESY NIKE

RIBBON CUTTER: Nike's Women's Marathon is the uberevent of all-female racing.

so moms don't have to drag their kids to a crazy expo, and the online training program includes access to a coach (Gracie Updike of Gracies-gearandtraining.com) who's available to answer questions.

"I think that women don't run differently, but they're looking for an

experience rather than a race," says Blackley, who hopes her series will lure women who have been wary of co-ed crowds.

It certainly caught the attention of 31-year-old Heather Morris-Glass of Silver Spring. The new mom, along with a friend from Stroller

Strides (Strollerstrides.com), another popular group for women, are training for the half-marathon together — a distance Morris-Glass had previously found daunting.

"I don't want to do it competitively. I just want to finish it," she explains. "I felt like at this race there

“Firemen in tuxes are waiting for you with a blue Tiffany box.”

would be more people like me."

Even speedsters who are in it to win it think the atmosphere will be more comfortable. "There's camaraderie, because women like to get chatty. I'll run a seven-minute mile and still want to socialize," admits Vincent.

But running 13.1 miles is 13.1 miles, no matter who you run it with, says Judy Molnar, vice president of Iron Girl (Irongirl.com), an event series that's been organizing races, duathlons and triathlons since 2004. Iron Girl courses are tough, but friendlier attitudes make for a more pleasant experience, even as participants struggle to finish. "They help each other during the transitions, and when they bump each other in the swim, everyone says sorry," she adds.

The hottest ticket in all-girls' running is the Nike Women's Marathon in San Francisco this October — which, even with 20,000 slots, booked up so quickly in 2007 that the organizers switched to a lottery model for 2008. Since launching in 2005 with the slogan "Run like a girl," it's been a hot ticket, thanks to its scenic route, motivators at each mile marker (cheerleaders, DJs, a chocolate station) and, of course, the unforgettable ending.

"When you cross the finish line, firemen in tuxes are waiting for you with a blue Tiffany box," says Nike spokeswoman Jackie Prieto. "You wear that necklace with such pride because you know it's not available through retail."

And probably also because you know you've come a really long way.



NO BOYS ALLOWED



Women Set the Pace

■ Massages and catered lunches make for post-race perks, but just the chance to run with other women can also be a treat. And you can do that on a regular basis with the Washington RunHers (Washingtonrunners.org), a group that's been dashing around D.C. since 1976.

Club treasurer Susan Betts, 37, who joined in 2001 as a beginner, was glad to have the all-female company. "It was less intimidating. When you're just starting out with something you want it to be welcoming," she says. "I'm currently a member of a co-ed club as well, but it took me a while to do that."

A range of runners, from rookies to seasoned sprinters, are drawn to the club's offerings, including a summer track program, a winter maintenance program and weekly long runs. Board member Patricia Cuff, 43, appreciates the targeted information sessions, such as one about preventing injuries that are common in women. Plus, unlike co-ed groups, Cuff has joined in the past, all of the RunHers appreciate the critical importance of discussing what exactly they should wear for each run.

See them in action June 10 in Arlington's Bluemont Park at the Women's Distance Festival 5K, which the group is co-sponsoring with the D.C. Road Runners Club (Dcroadrunners.org/races/wdf.asp). v.h.

VICKY HALLETT (EXPRESS)

First Is the Worst

How a sedentary writer journeyed from her couch to a 5K finish line

May 10, 2008. 8:30 a.m. Heart pounding, hands jittering from adrenalin, I'm taking my place near the end of a column of runners. They're about to begin, but I can't concentrate. Is my bib on right? What if this Velcro thing falls off my ankle? What if I have to pee?

My boyfriend gives a reassuring smile. I'm not moved. I grit my teeth, wondering whether I should have done some warm-up jumping jacks.

Without warning, the pack is moving forward. Without ceremony, I've started my first 5K.

How did I get here? Two months ago, I was a casual gymgoer; I'd treadmill-walk and lift some weights, no more. I was unhealthy. Blessed with genes from two naturally thin parents, my clothes weren't tight, but I was not fit.

Something snapped this spring when I realized my cushy job was, well, turning my tush squishy. I found a nine-week progressive jogging program at Coolrunning.com and signed up for a 5K that coincided with its end. Then I had to start pounding the pavement.

Coolrunning is about as low-tech



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as you can get. The "program" is a chart that tells you how long to run and when; week 1 starts with 60-second intervals of jogging and 90-second walk breaks but quickly adds more running and decreases the walking. Nobody — except yourself — holds you accountable. (If this all sounds terribly boring, there's help: Just search for "couch-to-5K podcasts" for downloadable music that's timed to the program; fast beats when you're meant to jog and slower music when you should be walking.)

In my case, motivation came from a loud iPod and my boyfriend, who, though not a runner, picked it up far more easily. Others might get pumped by joining a group. Fleet Feet and the club DC Frontrunners (DCfrontrunners.org) both sponsor couch-to-5K programs; DC Fit (DCfit.net) has a couch-to-marathon program. Jim Kruetel, director of the latter, says his all-skill-levels group has "post-run coffees, picnics and happy hours."

That's the kind of training I can get behind, but I didn't discover DC

Fit until halfway through my program, so I kept flying solo. On my first "run," I felt myself jiggling. Eew! Only a few weeks later, the jiggling was gone, yet my training log was still sprinkled with despair and profanity. (April 15, after the first time I ran 20 minutes nonstop: "[Expletive], I am dying.")

After nine weeks of cursing, building endurance and slowly de-jiggling, I'm running in the rain along Independence Avenue. I think I can finish — there are about five minutes to go — but with every step, I wonder whether it's my last.

"No giving up," I gasp, ostensibly to my boyfriend, though we both know I'm just reminding myself. "No quitting."

The world narrows. It's me, my lungs and my feet. Breathe in, breathe out. Move one foot in front of the other. I realize now that this is, literally, the hardest thing I've ever done. The knowledge propels me on.

I don't even remember crossing the finish. The next thing I know, I'm greedily snatching up packs of cookies and cheese crackers from the goodie table. I figure I've earned the calories. My time? 31:10. "Real" runners, I'm sure, scoff at my 10-minute miles, but I'm still awed.

Now I realize that finishing the race wasn't the most important part of this story. It wasn't the souvenir Nalgene bottle or T-shirt. It wasn't even the story of a beginner runner triumphing over pain and adversity.

It's that word: runner. I can write "beginner runner" next to my name. I can tell people "I'm a runner." And the best part? I look much the same, but when I see myself in the mirror, I don't see flaws. I see a runner.

RACHEL KAUFMAN

→ A DREAM WORKOUT

Unconscious With a Conscience

They say to sleep on your problems and sometimes you'll wake up with a good solution. Now, you can put your dreams (and dollars) toward finding a cure for breast cancer. The Susan G. Komen for the Cure organization is holding its third annual "Sleep-in for the Cure" on June 7, along with its massive 5K National Race for the Cure on the National Mall. If you'd like to help contribute to the cause, but aren't able to participate in the Race for the Cure, the Sleep-in is for you.

"Some people are out of town in early June, or they aren't up for running or walking, or they just aren't morning people," says David Marin, a spokesman for Susan G. Komen for the Cure. "This option caters to them."

Besides being an excellent excuse to stay in bed until noon, the Sleep-in also gives you the chance to run or walk the 5K if you happen to wake up early on the morning of the race. Sleep-in participants receive the 2008 Race for the



STOCKPHOTO

Cure T-shirt and a regular racing bib (along with a "snooze" bib and a special gift from Komen), so you can still join the 50,000 race participants at 8 a.m. on the Mall.

No, you don't take pledges for the hours you sleep. To participate, register through Nationalraceforthecure.org. The fee is \$40, all of which goes toward research, screening, education and treatment of breast cancer. Then, simply get your Z's — or head to the Mall after a good night's snooze — on June 7. KATIE ABERBACH (EXPRESS)

TRAILBLAZER



COURTESY OF CSC INVITATIONAL

They'll Spin You Right Round, Baby

For bikers along D.C. trails over Memorial Day weekend, it was like seeing double, or triple ... or dodecahedral. (That's 12.) Dudes in red and white were pedaling and practicing in droves. Is a big race happening soon?

Well, yes, if you count Tour de France and Olympic veterans speeding around a 1K course as a big race.

Now in its 11th year, Sunday's CSC INVITATIONAL has developed a reputation as one of the nation's toughest racing events. One kilometer isn't much, but when multiplied by 100 and crammed into a tight uphill loop along Clarendon's Wilson and Clarendon boulevards with some of the nation's top pro racers, things aren't easy-peasy. "It's hot, the course is technical, and it's windy," says 2007 Invitational winner Rahsaan Bahati, pictured above. "You're riding with riders who can go 50km an hour for two hours." It's no surprise, says race director Rob Laybourn, that on the tight turns — say, by Silver Diner — there can be crashes.

Laybourn recommends staking out a sidewalk viewing spot by 11 a.m. And for avid cycling enthusiasts, there's the Breakaway Club: 250 seats (\$25 each) on a raised platform for perfect viewing. They come with comped refreshments ... and cowbells!

While the 100 km pro event kicks into gear at 12:15 p.m., other races, from women to amateurs, begin at 8:15 a.m. (See Cscinvitational.com for times). Thinking of taking on the big race on a last-minute whim? Don't. "Every now and then, there's a guy who shows up and pins his number on his T-shirt," he says. "That tells me he's in the wrong place."

And he'll likely be pancaked by Silver Diner. KRIS CORONADO (EXPRESS)

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Fast Ways to Reform Your Diet

Use one or more of these simple steps to give your meals a makeover

I. Go Greek!

Swap the mayo (or the sour cream) for nonfat Greek yogurt, which can serve as a great low-fat substitution. Nonfat Greek yogurt also has many health benefits, such as being high in calcium and protein, and containing probiotics. Other uses include substitute it for sour cream to make a creamy dip for veggies. Use 1 cup nonfat plain yogurt, lemon juice, salt, pepper and your favorite fresh herbs and spices, or substitute for mayo in chicken and tuna salads. Dice 5 ounces grilled chicken and toss with 2 tablespoons nonfat Greek yogurt, 1 teaspoon Dijon and 1/4 diced apple.

2. Mash It Up

Purée your favorite fruits and vegetables. You can do this in large batches, and then freeze them for up to three months. Freezing them in ice cube trays will allow you to defrost the perfect amount needed.

APPLES: Dice six (with skin on) and simmer with 1/4 cup water until soft. Use hand blender or food processor to purée to desired consistency. Spread over whole-wheat toast or add to cottage cheese for added sweetness and fiber. Use as a substitute for butter or oil when baking cookies. Substitute in equal amounts, and be sure to mix the batter thoroughly. You'll get a slightly moister, more "cakey" consistency,

but it will still taste delicious and be much healthier.

SWEET POTATOES: Peel and cube. Boil in water and mash to desired consistency. Add a touch of vanilla extract or cinnamon and eat as a creamy snack. Use the sweet potato purée as a base for a delicious sweet potato soup.

BEANS: Purée white, garbanzo, black or kidney beans and add the result to meatballs or turkey burgers for extra fiber and protein.

BANANAS: Peel and purée bananas. Portion into 1/2 cup servings and put into the freezer. Use as an "ice cream" treat when needed. Top with crushed peanuts for banana peanut-flavored "ice cream"!

3. Just Add Air

Increase the volume of your meals without adding calories to help you feel full longer. It can be as simple as using a blender; that increases the air content and serving size of your meal. You'll feel like you're eating more, and you'll feel satisfied more quickly. Another idea: Add whipped or steamed milk to your coffee. It will increase the volume of the drink to help you feel fuller longer.

4. Spice Is Nice

Use condiments. Herbs, spices, salsa ... yum! Condiments are an easy way to spice up ordinary meals. Try hot sauce, spicy brown mustard, low-sodium soy sauce, lemon juice, vinegars and salsa. Try flavoring fish with spices and a small amount of mustard and lemon juice instead of butter and cream sauces. Instead of seasoning veggies, meat, fish and poultry with salt, use herbs,



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If you keep fish on hand, and you'll always be ready to prepare a healthy meal.

such as thyme, rosemary, oregano and basil.

5. Non-Evil Twins

Indulge in your cravings by making your own healthier versions of your favorite restaurant items.

PIZZA: Eating a slice made with whole-grain crust, low-fat cheese and tons of veggies is a great, healthy meal. Try these "pizzettes" as another fast, delicious alterna-

tive: Top two fiber crackers with 1 tablespoon marinara sauce and sprinkle grated Parmesan cheese on top. Microwave for 15 seconds.

BURGERS: A turkey burger on a whole-wheat bun with lettuce, tomato and baked sweet potato fries is a healthy alternative to your usual high-fat burger and fries. To make the fries: Halve a sweet potato and cut into 1/8-inch strips. Place on baking pan

sprayed with olive oil cooking spray. Sprinkle with cinnamon or sea salt. Bake at 350 degrees for 10 to 12 minutes.

DRIVE-THRU MEALS: Even your favorite fast-food breakfast can be "remade." Top a whole-wheat English muffin with scrambled egg whites, reduced-fat cheddar cheese and turkey bacon.

EGG SANDWICHES: Try making your favorite egg salad with four

Increase the volume of your meals, without adding calories, to help you feel full longer.

egg whites (one yolk), 2 tablespoons nonfat plain yogurt, 1 teaspoon Dijon mustard, and a dash of salt and pepper.

FRENCH TOAST: Dip whole-wheat bread into egg whites (slightly beaten) and cook on a nonstick pan. Serve with fresh berries or nonfat cottage cheese.

CHICKEN: Simply top grilled chicken with marinara sauce and 2 tablespoons Parmesan cheese.

BREADING: Use whole-wheat bread crumbs mixed with wheat germ. After breading fish or chicken, bake instead of frying.

6. Ready, Set Done!

Having ready-to-eat meals and on-hand ingredients in your home can help make food prep easier than figuring out how to turn on the oven. If your kitchen's stocked with the right items, you'll be less likely to suffer from the "I don't know what to have for dinner" syndrome. Here are some staples to keep handy:

Frozen vegetables (Cascadian Farm broccoli, peas and green beans)

Canned, diced tomatoes

Canned beans

Pre-cooked grilled frozen chicken breasts (Bell & Evans)

Whole-wheat tacos.

Frozen veggie burgers (Dr. Praeger's California Veggie Burgers)

Canned tuna or salmon (packed in water)

Healthy, frozen meals

Canned soup. KERI GLASSMAN, R.D.

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LOCAL FLAVOR

Have Fun With Fungi

If you're always stuck inside the Metro or at the office, you're probably missing out on vitamin D, because we get so much of it from the sun (see story on page 10 for more on this point). A surprising alternate source? Mushrooms, one of the few natural food sources of the "sunshine vitamin." Plus, the fungi are low in calories, fat-free, cholesterol-free and very low in sodium, yet they provide several nutrients, including the antioxidant selenium (which helps boost the immune system) and B vitamins. One portabella mushroom cap contains more potassium than a small banana does.

They're also easy to add to your snacks and meals. "You can toss mushrooms into your eggs at breakfast, you can toss them into your salad at lunch, and you can sauté them and have them with chicken or fish or beef for dinner," says Margo Kraus, a nutrition consultant for the Mushroom Council.



To get a fungi fix on the town, bring your appetite to one of chef Enzo Livia's Italian eateries, Spezie (1736 L St. NW) or Il Pizzico (15209 Frederick Road, Rockville). Some of his meat and pasta dishes incorporate as many as six different types of mushrooms. Livia recommends shroom seekers try the porcini and ricotta-filled ravioli in pistachio cream sauce, available at both restaurants. "The mushrooms really bring a lot of flavor and taste and texture to the food," he says. You'll forget how good they are for you. KATIE ABERBACH (EXPRESS)

fit | Phys Ed

GEARHEAD

To Get Fit, You Need a Good Fit

Want some support? Follow these tips from Susan Nethero, founder of My Intimacy stores (Myintimacy.com).

1. Look for bras that encapsulate each breast in a separate chamber; they reduce bounce and support better than simple shelf bras.

2. Try to find sports bras that come in cup and band sizes rather than just small, medium or large; they usually fit more precisely.

3. Look for strategically placed seams and stitching, which help cushion the breast. (Hate bumpy ridges under a fitted tee? Companies like Isis, Asics and Champion make seamless bras.)

4. Pick high-performance fabrics that wick away sweat to minimize chafing (look for CoolMax or Double Dry).

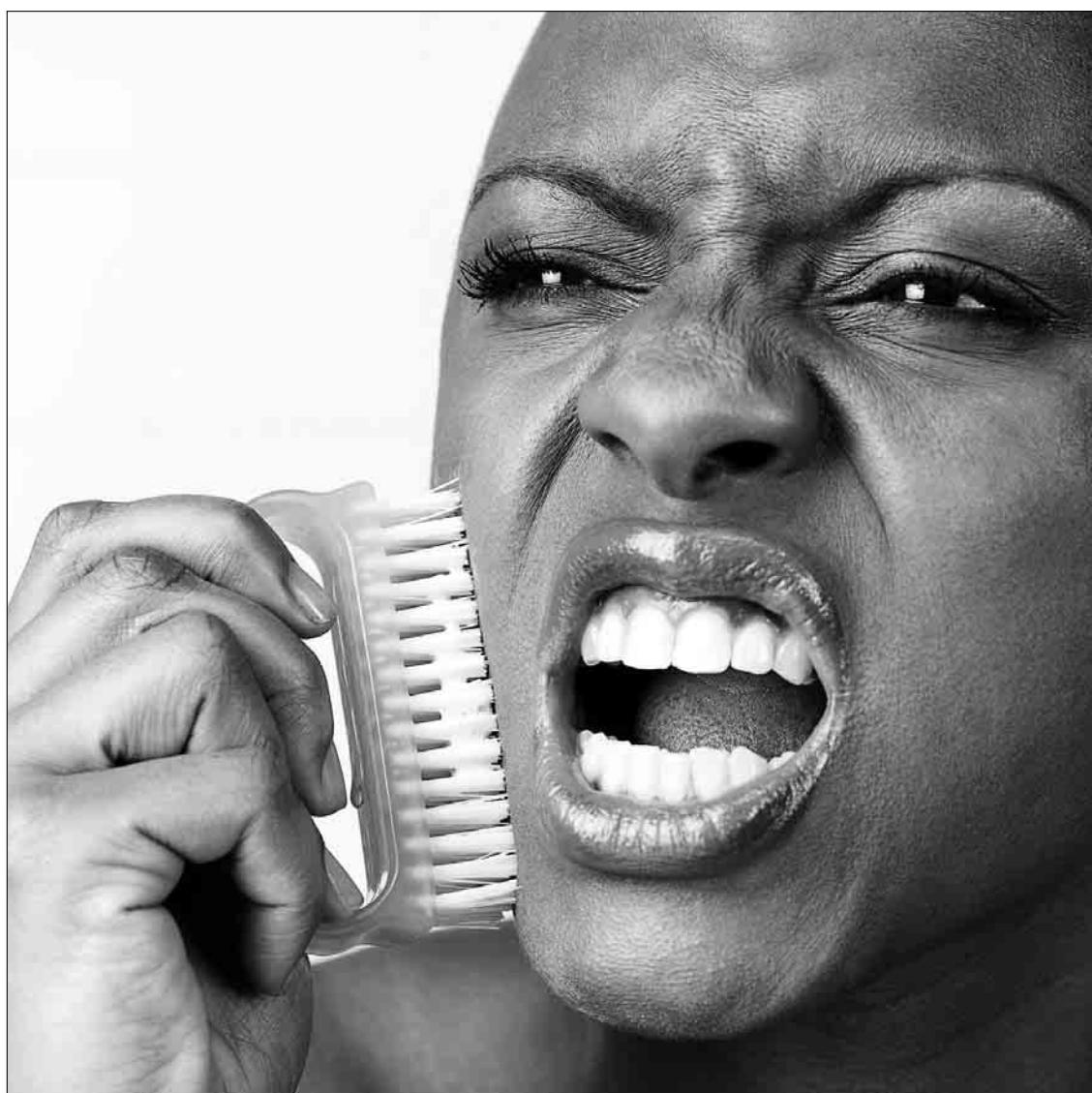


5. Own a variety of sports bras, and, when in doubt, choose a higher-impact bra for a lower-impact sport — never the other way around.

6. Get fitted by an expert. You can find bra fitters at most department stores or lingerie shops.

7. Before buying, jump, swing your arms and move around. Put the bra back if it pokes, rubs, slips, jiggles, constricts your breathing or bulges.

8. Rotate your bras and wash them regularly so you can get at least a year's use out of each one. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



to hold comfortably, was noticeably stronger than its at-home brethren and caused a slight stinging, even on a low setting. There was no mistaking the fact that the Nova polished the skin more effectively than the Neutrogena and Dove systems.

"The Nova polished the skin more effectively than the Neutrogena."

Cost: \$200. Includes a battery-operated, three-speed applicator; 20 reusable microfiber applicator pads; washable mesh bag for laundering the pads; a cleanser; exfoliator gel; and moisturizer. The device vibrates at 1,000 to 2,000 cycles per second. That's a lot. Novaskincare.com.

Neutrogena Advanced Solutions

The device worked well and was easy to use. It wasn't overly harsh on either speed and left a smooth feel that can't be had with regular washing. But the crystals were gritty and hard to wash off. Unlike the Nova, the applicator lacked an automatic shutoff.

Cost: \$40. Includes a battery-operated, two-speed applicator; two removable foam heads; and cream. The applicator vibrates at 70 to 86 revolutions per second. Neutrogena.com.

Professional Microdermabrasion Session

An in-office microdermabrasion session was not just a cut above the home sessions; it was a whole different ballgame. Using short, rapid strokes, an aesthetician operated a wand-like, titanium-coated handpiece that deposited microcrystals on the skin. A tube contained within the hand-piece aspirated the crystals and skin debris. The effects were impressive. A 30-minute office session virtually eliminated all minor flakes and skin irregularities noticeable under a bright light.

Cost: \$125. Performed with ImageDerm Microdermabrasion System, which uses medical-grade aluminum oxide crystals.

JANET CROMLEY (LOS ANGELES TIMES)

Enter the Buffer Zone

DIY kits make it possible to achieve supple, polished skin on your own

There's a whole lot of sanding, planning and buffing going on in bathrooms coast to coast. The work isn't to improve the home, but the skin, through the magic of over-the-counter microdermabrasion kits.

At a cost of \$10 to \$200, the home kits can be considerably less expensive than the \$100 to \$200 you shell out for a single, in-office microdermabrasion session. And no appointment is necessary. But how do the kits compare with the real thing — and with each other?

When performed in a health facility or aesthetician's office, microdermabrasion involves scraping off the top layer of dead

skin cells, known as the stratum corneum, with a wand-like device that either abrades the skin with a roughened surface or blasts abrasive crystals, such as aluminum oxide, onto the skin. A vacuum device sucks up the debris as the exfoliation goes along.

Professional microdermabrasion, which has been widely available in the U.S. since the late '90s, usually takes 30 minutes and requires about four to 12 sessions — spaced a few weeks apart — for the best results.

Home kits now offer an inexpensive, convenient and gentle alternative to a professional session.

The Los Angeles Times tested three kits against an office visit, and here are the results.

Dove SkinVitalizer

Great value for the price. The exfoliation was gentler but left the skin

feeling less polished than the exfoliation provided by the Neutrogena and Nova systems.

The device itself was simple to use and lightweight. It's a good choice for someone who finds the more expensive dermabrasion products too harsh. The pads are designed for one-time use, which could add up over time.

Cost: \$12. Includes a battery-operated applicator, six double-sided facial cleansing pillows — one side for cleaning and one for exfoliating. Doveskinvitalizer.com.

Nova Skin Care System

Although the directions were easy to follow, this device was definitely the most complicated of the three at-home sessions, with several phases of treatment required. The applicator, which purrs with sonic ferocity, was just a little too wide



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15 Minutes of Flame

Most people need some time in the sun to keep their vitamin D high

Once thought of as helping only to develop strong bones, vitamin D is now believed to serve many purposes in the human body. A deficiency of the vitamin has been linked to several diseases and disorders.

Yet most people don't get enough of the so-called sunshine vitamin.

For years, Americans have been taught that as summer approaches, they should reach for sunscreen to protect themselves from a scorching burn. But new research shows that by covering up, they may be sacrificing important D, which is made by the skin when it's exposed to sunlight.

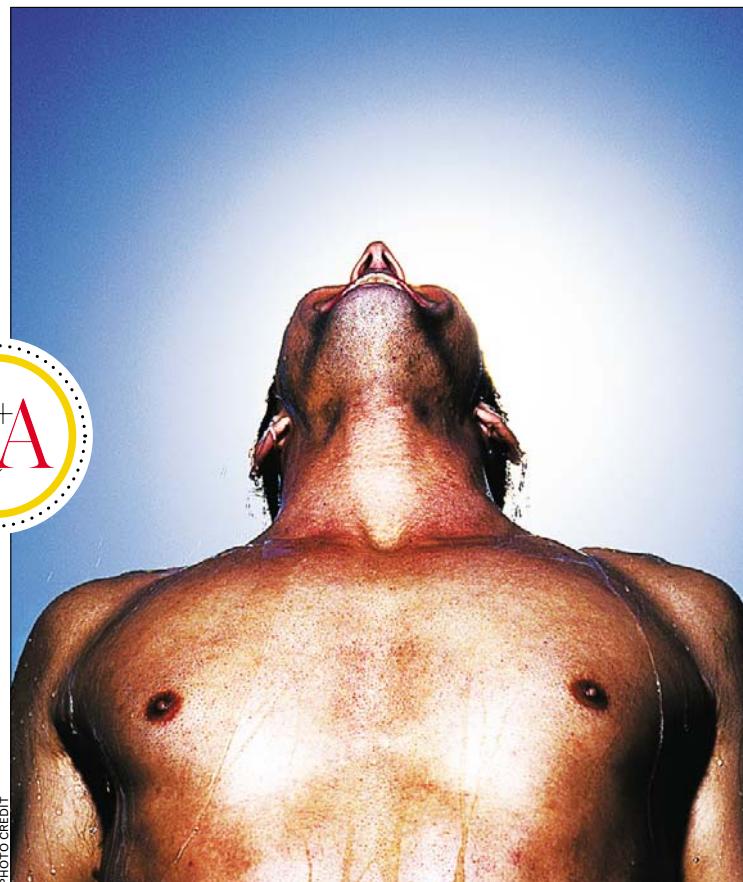
So, ahead of the beach season, the Baltimore Sun sought some guidance about the sunshine vitamin from Elizabeth Streeten, assistant professor of medicine in the division of endocrinology, diabetes and nutrition at the University of Maryland School of Medicine.

What does vitamin D do?

Vitamin D is important for the entire body. Vitamin D deficiency is associated with reduced bone strength and risk of fracture; a twofold increased risk of some cancers such as colon, breast and prostate; an increased risk of both Type 1 and Type 2 diabetes; worse control of diabetes for those who have it; decreased immune function; and possibly also heart disease. Vitamin D increases calcium absorption from the gastrointestinal tract and helps the bone become mineralized, or hardened.

Most vitamin D comes from sun exposure. How does that work, and how much sun is needed?

The truth on how much sun exposure is required is that we do not know exactly, and there is significant variation among individuals. The recommendation is to get 15 minutes of sun at the peak of the day — 11 a.m. to 3 p.m. — to the face, neck and arms, three times a



PHOTOCREDIT

week. More sun is needed to make vitamin D with increasing age and skin pigment. Therefore, those at highest risk for vitamin D deficiency are African-Americans.

There is not enough vitamin D in foods to fulfill our requirements.

If sunscreen with SPF 8 or more blocks the skin's ability to make vitamin D, should people just wear lower SPF lotion?

One way to prevent sunburn and allow vitamin D synthesis is to put on sunscreen only after being out in the sun for 15 minutes.

What about skin cancer? Is there a risk from being out in the sun even for a limited time or using lower SPF sunscreen?

There is no data available to show that small amounts of skin sun exposure — 15 minutes before applying sunscreen — increases the

risk of skin cancer. Exceptions to this may be redheads and others with extremely fair skin.

When should people turn to supplements or fortified foods?

My opinion is that everyone, children and adults alike, needs to take a vitamin D supplement above the latitude of Atlanta, Ga., during the months of September through April. There is not enough vitamin D in foods to fulfill our requirements except for the most enthusiastic milk drinkers.

African-Americans, older people and babies are more at risk of being deficient. How should they be getting their vitamin D?

The amount of vitamin D in the typical children's multivitamin is sufficient for most kids. For adults over 18, and probably also for adolescents, the dose needs to be increased to 1,000 to 2,000 units a day. Up to 10,000 units of vitamin D daily has been shown to be safe. For those who are concerned about getting too much, a simple blood test for 25-D can accurately measure whether their vitamin D stores are adequate.

MEREDITH COHN (BALTIMORE SUN)

STETHOSCOPE**PATHOLOGY****Got Green Skin?**

It's a hypochondriac's dream: The National Institutes of Health has launched the Undiagnosed Disease Program. This team of elite specialists will investigate symptoms that correspond with no known condition, which are, thus, extremely difficult for doctors to treat. But this is for people with weird symptoms—not those with chronic headaches for which your doctor can't determine a source. It sounds to us like the NIH has itself a crackerjack concept for a TV show.

**SLEEP****Dazed and Confused**

Stay up all night? Wondering when Express renamed itself Epressx? Not sleeping can affect how people make sense of what they see, says a study published in the Journal of Neuroscience. While those who were sleep-deprived had spells of normal brain function, they also had bad patches, in which their visual processing abilities dropped precipitously. This mix of cogency with confusion is dangerous—it could lead those who haven't slept to think they're just fine, when in fact they're far from it.

SUN**You'll Feel the Burn**

There are no take-backs in the world of ultraviolet light. Once you're sunburned, there's nothing that can ease the damage—including corticosteroid creams. These preparations (one is plain old drugstore cortisone cream) may help lower inflammation from poison ivy or bug bites, but not inflammation from the sun, according to a study in the Archives of Dermatology. In other words, they did not reduce sunburn. But you know what does? Sunscreen.

Web sites such as Vitals.com and Drscore.com give patients the chance to tell tales—good and bad—about their doctors.

Play the Ratings Game

Consumers use new Web sites to pillory and praise their physicians

Distraught over the results of cosmetic surgery on her nose, Katherine Chen did what many people do when they're unhappy with a doctor. She consulted a malpractice lawyer and filed a complaint with the Medical Board of California.

But the 22-year-old college student didn't stop there. Chen logged onto her home computer and wrote a tearful review about her experi-

ence, posting it to a Web site that encourages consumers to rate their health-care providers.

"I wasn't nasty about it," says Chen. "But I posted a comment about what I went through. These Web sites are useful. Doctors still have a lot of power."

Chen and other consumers are trying to rein in that power. They're saying what they think about the current state of health care and, more specifically, the doctors who provide it. Dozens of Web sites that permit people to rate, review, spin or flame their doctors have sprung up in the last year, operating in much the same way as online

services that help people find hotels or plumbers.

Patients and site operators say the trend is good for consumers and good for health care. Thoughtful doctors, they say, will provide better customer service because of the feedback, and the bad ones will no longer be able to hide. And, they add, why should doctors be immune to the trend toward better customer service?

Many physicians say the reviews on Ratemds.com, Vitals.com, Drscore.com and other sites are skewed by disgruntled patients and are unfair, pushing some doctors to near-ruin after a single post.

"These sites don't yield enough power yet to get bad doctors to change. And in the meantime, they may hurt good doctors," says Phyllis Hollenbeck, a D.C. family physician and author of "Sacred Trust: The Ten Rules of Life, Death and Medicine." "It only takes one or two scathing comments and a doctor is put in a terrible position."

The sites—there are more than two dozen of them—vary in scope of information and efforts to be fair. But the trend is toward free, anonymous, no-holds-barred forums.

Some have grown out of existing ratings services. Five years after he started the hugely popular RateMyProfessors.com, John Swapeinski and his business partner launched RateMDs in 2004.

"You can find ratings on cars and flat-screen TVs, but it's hard to rate professional services," he says. "I think that's overlooked."

Angie's List, a membership-based service that allows consumers to rate service providers, added health care services in March.

The restaurant survey company Zagat has even teamed up with the health benefits company Wellpoint Inc., the parent company of Anthem Blue Cross, to provide Blue Cross members with an online tool to evaluate doctors.

"Consumers can pretty much go on the Web and get information on anything, from what is a better shampoo to what is a better airline," says Zeinab Dabbah, chief medical officer of Anthem Blue Cross. "We're offering this to meet all of the expectations that consumers have about the marketplace."

Doctors shouldn't be rated like products or service providers, says Kevin Weiss, president of the American Board of Medical Specialties. Medicine involves personalized interactions, and each doctor-patient relationship is unique.

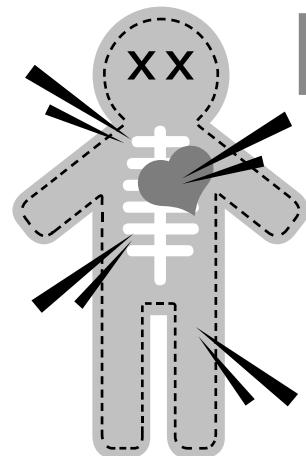
"With TVs and cars, people can subjectively talk about their experience because you have a consistent product," says Weiss. "But with health care, there is so much blended into the experience."

Swapeinski says running RateMyProfessors.com convinced him that rankings and comments typically bear the ring of truth.

"It's hard to prove it scientifically, but I truly believe that the averages are a reflection of what people think," he says. SHARI ROAN (LOS ANGELES TIMES)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T



Does your tongue look like a map? (Did you ever dream tongues COULD look like maps?) You might have **GEOGRAPHIC TONGUE**, aka benign migratory glossitis, a harmless but uncomfortable condition in which smooth red patches on the tongue give it a map-like appearance. Often there's burning pain, too. The patches occur when papillae—those teeny little protrusions on which taste buds rest—die, causing "denuded" areas. Vitamin B deficiency is a possible cause, as are hot and spicy foods. There's no treatment and, as if this couldn't get any weirder, it's less common in those who smoke, making it one of the only conditions on Earth that cigarettes don't seem to cause or exacerbate. SOURCE: MEDLINE PLUS.

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